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The sex tip that's got the A-list talking

YOUR PERFECT JEANS

FROM SKINNIES
TO FLARES:

find the cut for you

Special Report
**SUN, SEA...
AND A JAIL
SENTENCE**
WHEN
HOLIDAYS GO
VERY WRONG

MODERN FAMILY'S

Sofía

'How beating
cancer made
me stronger'

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WON'T
COMMIT...
say goodbye
to love limbo

Would you
give up your
career for
a baby?

Weird!

WHAT MAKES
A REGULAR GUY
HAVE SEX
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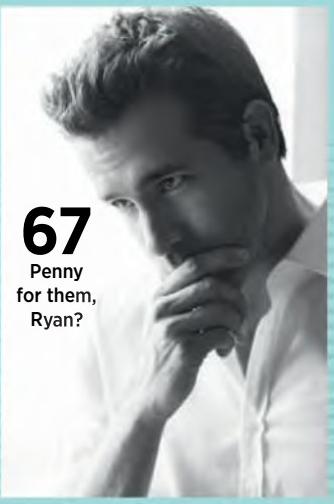


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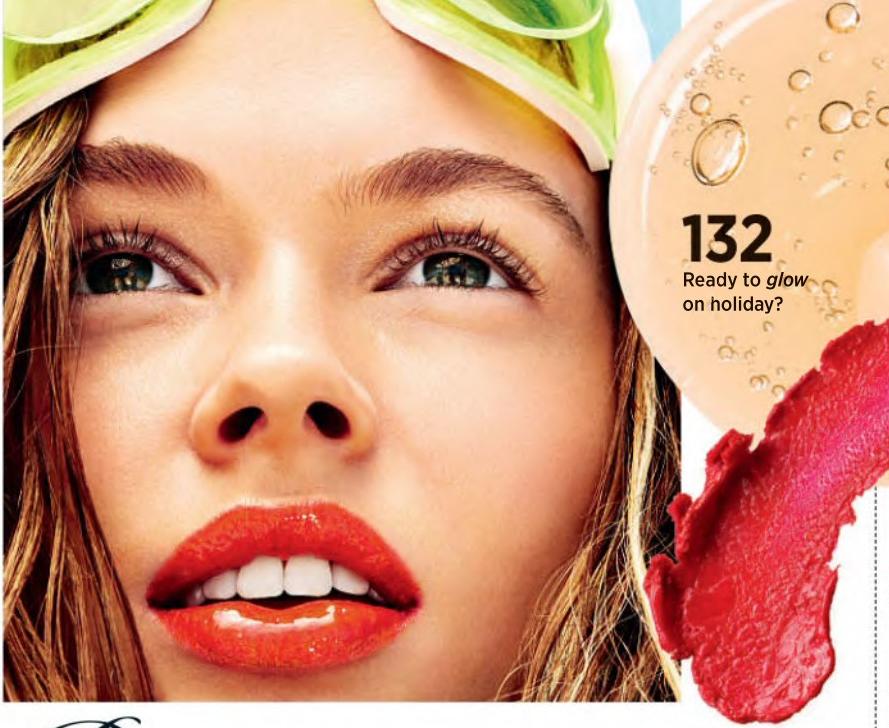
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Here's how to get
sexy like Sofia...

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Skirt, £35, Marks
& Spencer



Bracelet,
£18.50, Freedom
at Topshop



BY KATIE SAXON AND LUCY PARTINGTON. PHOTOGRAPHS GETTY

Her red-carpet looks



Sofia
shows that
she can
work any
shade of
glam

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When did 'single' become a curse word?



How does the word 'spinster' make you feel? Let's face it, its connotations are far from flattering, conjuring up images of sad, vulnerable, sexually frustrated women unhappy at how their lives have turned out.

The male equivalent, bachelor, on the other hand, sounds sexy, fun and sophisticated, suggestive of a man who has his choice of women and life on a plate.

But a controversial new book, *Spinster: Making A Life Of One's Own* by US journalist Kate Bolick (out in the UK this month) aims to turn all that on its head. The happily unmarried Kate wants to reclaim the word and give it new meaning, quite rightly challenging the idea that women who never marry are desperate or undesirable. She wants to celebrate independence and self-sufficiency, and she cites brilliant pioneering women who made unconventional life choices.

Kate believes the questions 'Whom should I marry?' and 'When will it happen?' dominate every woman's existence – which I really don't agree with. But they do cast long shadows on many women's lives, as ultimately many of us fear being on our own, and we're conditioned to the idea of pairing for life. She also maintains that men share the same end goal but feel less defined or pressured by this, as they assume one day they'll get round to it, while women are still meant to wait to be asked.

Let me know what the S-word means to you @louisecosmoed or cosmo.mail@hearst.co.uk.

Louise

Louise Court (Editor-in-Chief)

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Are you a #filteraddict?

A new breed of apps promise to 'perfect' any faces in photos. But, *ands*, *but*, *but*, are they making us look good but feel bad?

DID YOU know that there's a whole new world of apps out there? One that's all about making us look good? And it's not just about filters – it's about creating an entirely different atmosphere of how we look and feel. This month, we're looking at some of the latest trends in beauty and fashion, and we're curious to see if they're changing our perception of ourselves.

Firstly, there's the trend of using filters to make your face look more attractive. Whether it's a blue-toned filter or a pink-toned filter, these apps promise to make you look better than ever. And while they might seem like a fun way to experiment with your looks, they can also have a negative impact on our self-esteem.

Secondly, there's the trend of using filters to make your face look more attractive. Whether it's a blue-toned filter or a pink-toned filter, these apps promise to make you look better than ever. And while they might seem like a fun way to experiment with your looks, they can also have a negative impact on our self-esteem.

Thirdly, there's the trend of using filters to make your face look more attractive. Whether it's a blue-toned filter or a pink-toned filter, these apps promise to make you look better than ever. And while they might seem like a fun way to experiment with your looks, they can also have a negative impact on our self-esteem.

Fourthly, there's the trend of using filters to make your face look more attractive. Whether it's a blue-toned filter or a pink-toned filter, these apps promise to make you look better than ever. And while they might seem like a fun way to experiment with your looks, they can also have a negative impact on our self-esteem.

Fifthly, there's the trend of using filters to make your face look more attractive. Whether it's a blue-toned filter or a pink-toned filter, these apps promise to make you look better than ever. And while they might seem like a fun way to experiment with your looks, they can also have a negative impact on our self-esteem.

Sixthly, there's the trend of using filters to make your face look more attractive. Whether it's a blue-toned filter or a pink-toned filter, these apps promise to make you look better than ever. And while they might seem like a fun way to experiment with your looks, they can also have a negative impact on our self-esteem.

Seventhly, there's the trend of using filters to make your face look more attractive. Whether it's a blue-toned filter or a pink-toned filter, these apps promise to make you look better than ever. And while they might seem like a fun way to experiment with your looks, they can also have a negative impact on our self-esteem.

Eighthly, there's the trend of using filters to make your face look more attractive. Whether it's a blue-toned filter or a pink-toned filter, these apps promise to make you look better than ever. And while they might seem like a fun way to experiment with your looks, they can also have a negative impact on our self-esteem.

Social media shouldn't be a competition

I'm so glad Natasha Devon addressed the way social media can affect our self-esteem in *Are You A #FilterAddict?* (July). As much as social media can be a great part of our lives, it also puts a huge amount of pressure on us. All women should know they're perfect, filter or no filter. *Leyla, London*



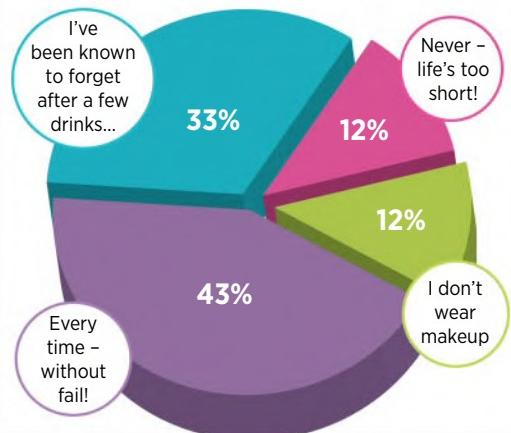
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This SATC throwback is still so on-point (and yes, we'd like to super-size that).

DISCUSS

DO YOU TAKE OFF YOUR MAKEUP AT NIGHT?



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OF COSMO...



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#TRENDING

This month's six hottest topics over at Cosmopolitan.co.uk

19 first-date struggles every woman goes through

► To pre-Google stalk or not pre-Google stalk? That's just one question over at Cosmopolitan.co.uk/firstdate

If she knows your phone's password...

► ... and your mum treats her like a long-lost daughter, she's definitely your bestie for life. Tick off all the signs at Cosmopolitan.co.uk/bfflove

Does anyone enjoy washing their makeup brushes?

► Err, didn't think so! Fast-track your beauty chores at Cosmopolitan.co.uk/byebyechores

22 online-shopping hacks you need

► Who knew Wednesday's the best day to bag a bargain? Become the queen of discounts with our top tips: Cosmopolitan.co.uk/shopsavvy

So, what the eff is baobab?

► Discover the latest weird and wonderful health foods at Cosmopolitan.co.uk/mysteryfood

9 ways to feel amazing in a bikini

► We're ALL beach-body ready (no matter what our size is) at Cosmopolitan.co.uk/bodyrockers

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Be that girl

Fantasy fashionista

You may not know Alice Vandy's name, but you've definitely seen her designs on everyone from Rita Ora to Little Mix – and even My Little Ponies! Her signature cool, quirky prints ("I'll take a theme like 'fairy tales' and combine it with an urban vibe") are everywhere.

After graduating from Plymouth College of Art, Alice, now 28, got her big break showcasing her work at Clothes Show Live. Then *Britain & Ireland's Next Top Model* and *The X Factor* requested her designs, and her leopard bodysuit (worn by Jessie J on *The Voice*) became a bestseller. "I love seeing powerful women in my clothes," she says. "My dream is to dress Rihanna or Iggy Azalea."

Last year, Alice approached Hasbro, of My Little Pony fame. She's since designed two pony-print fashion lines for the brand. "I knew we were a natural fit. My luck was in – they were looking for a designer to collaborate with for its 30th birthday." Her advice? "Think long-term and work hard – everything will fall into place eventually!"

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1
Designer style

Dress, £216, Peter Jensen. Shoes, £695; bag, £1,095, both Christian Louboutin. Rings, from £835, Ruifier



Bright primary-colour blocking is as easy as ABC - whatever your budget

COLOUR ME IN



LEFT: Coat, £353; shorts, £182, both Emma Cook. T-shirt, £105, James Perse at Net-A-Porter. Earrings, £240; bracelets, £195 each, all Maria Francesca Pepe.
RIGHT: Jacket, £195; trousers, £155, both The Fold. Jumper, £181, JC de Castelbajac. Shoes, £735, Rupert Sanderson. Clutch, £325, Lulu Guinness. Ring, £160, Maria Francesca Pepe



Scarf, £79,
Baum Und
Pferdgarten



Shoes, £505,
Giuseppe
Zanotti



Jeans, £215,
J Brand at
Trilogy



Glasses, £355, Laura Imami



Bag, £130, Michael Kors
at House Of Fraser



Earrings, £179,
Cadenza

CHECK OUT OUR STYLE STEALS OVER THE PAGE

Be that girl



Jumper, £38, Topshop. Dress, £28, Dorothy Perkins. Shoes, £39, Miss Selfridge. Rings, from £6.50, Freedom at Topshop

2
*Style
steals*

Dress, £24.99, Mango.
Shoes, £75, Wallis.
Sunglasses, £12,
Accessorize. Bags, £59.50
Beach, Aurora Living. Ring,
£8.50, Freedom at Topshop

Clash crayon
brights if you're one of
the fashion brave, or stick
to a solid shade for impact.
Coloured denim or contrasting
collars on tops are an
easy way to nail this
statement trend.



Shoes,
£75, Office



Top, £26,
Topshop



Bag, £25,
Topshop



Shoes,
£25. Very



Bag, £190, Karen Millen



Sunglasses, £32.14, Komono



Watch,
£85, Karen
Millen ♦

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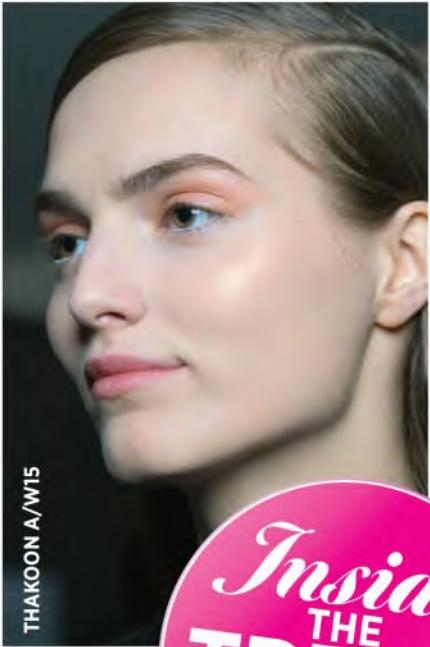
Overdone it
this summer?
Turn up the
hair
conditioning



A U S S I E

"There's more to life than hair but it's a good place to start."

Be that girl



Super-dewy skin

We tried it...

1 The key to a dewy complexion is prepping the skin. To boost circulation and clarity, cleanse with an electric face brush and massage in an oil-free moisturiser.



"I prefer highlighting to contouring - this makes you look as if you're glowing with health"

Bridget, Online Beauty Editor

2 Dilute the coverage of your foundation by adding a liquid illuminator to it for an all-over glow.

3 Highlight your cheekbones, brow bones and the bridge of the nose with a cream highlighter (rather than a powder). Warm it in your hands first and gently pat it onto the skin so that it melts in without telltale stripes.



The kit...



Lazy summer days? Err, no.

Crazy summer days? You betcha.

We know you never let anything get in the way of

having fun. But even you –

although you might not admit it –

have your limits.

Like those mornings after the night before

when your hair looks like it's in need of CPR.

Lucky for you, Aussie's got your back

(or rather, your hair)

thanks to our Limited Edition

Beach Mate Collection

crammed with all the usual Aussie exotica.

Hair in deep water? Don't fret.

These handy little miracles

will make sure your summer goes swimmingly.

It's beached-out hair's

lifeguard in a bottle

(minus the 6-pack).

DINKY TRAVEL SIZE



A U S S I E

"There's more to life than hair but it's a good place to start."

So You THINK YOU WANT MY JOB?

Interested?

QUALIFICATIONS

I studied for five years to get a bachelor's degree in dental surgery, before completing vocational training at Guy's Hospital, London.

SALARY Salaries vary for NHS and private dentists, but a typical starting salary is around £30,000, and experienced dentists can earn £100,000; sometimes a lot more.

KEY SKILLS A love of people – it's vital for putting patients at ease.

Uchenna's celeb clients include Christine Bleakley and Holly Willoughby



Dr Uchenna Okoye, 45, celebrity dentist and clinical director of London Smiling Dental Group

You might think it's strange that I want to spend all day looking in strangers' mouths, but I couldn't ask for a more rewarding job. It

involves a lot of hard work – I'm up at 5am and in the office by 8am. I'm based at my London practice, but I also speak at conferences abroad. If I'm in the office, I do anything from fitting fillings, crowns or braces, to treating toothache. I finish at 8.30pm, and have a hot bath at home. I'm still on call if there's an emergency, though.

Before I set up my practice,

I worked for another dentist. I then got a loan to go it alone – I love running my own clinic. **If I see someone with a great smile it makes me happy.** The first thing I notice about a

person is their teeth. I treat all my patients the same, from students to A-listers. A well-known model visited recently and wouldn't divulge her medical history. I had to refuse to treat her – I need to be aware of any risks. Eventually she returned and filled out the forms.

My mantra

TREAT PATIENTS AS YOU WOULD A FRIEND; SURROUND YOURSELF WITH POSITIVITY

My only gripe? I wish celebs were honest about their teeth – I'd say 95% of those we see on TV have had cosmetic dentistry. It's a shame there's a stigma associated with it.

Smart girls' ADVICE

'You're never too old to go home'



Jess Griffiths, 32, chose to ask for help rather than struggle on

I'd battled with eating disorders and self-harmed from the age of 11 – but it wasn't until a horrific incident at university – when I vomited uncontrollably all night after a binge – that I terrified myself into finally realising I needed help.

I moved back home from Sheffield to Bournemouth to be close to my family. I wasn't admitting defeat; I was being kind to myself. Struggling on alone isn't beneficial – and you're never too old to go home.

At first I felt like a failure, but I began therapy and, together with my therapist, I was able to work through my issues. It was the right decision because it saved my life. If I'd kept abusing my body, I could have died. As I recovered, I found my voice and used it to speak up for those who don't feel able to – I'd recommend anyone who gets that opportunity to take it.

In 2009, a support group I'd set up evolved into a charity called Restore: Eating Disorders Services, which encourages sufferers to accept who they are. Nobody's perfect, and it takes a lot of energy trying to be something you're not.

Mental-health problems are often stigmatised, but walking in someone else's shoes helps you understand them. Just listening can have a big impact – you can learn a lot along the way.

I moved out of my parents' house after four years, but I live nearby. Leaving uni meant giving up a bit of my life, but it was worth it – and if I had to, I'd go home again.



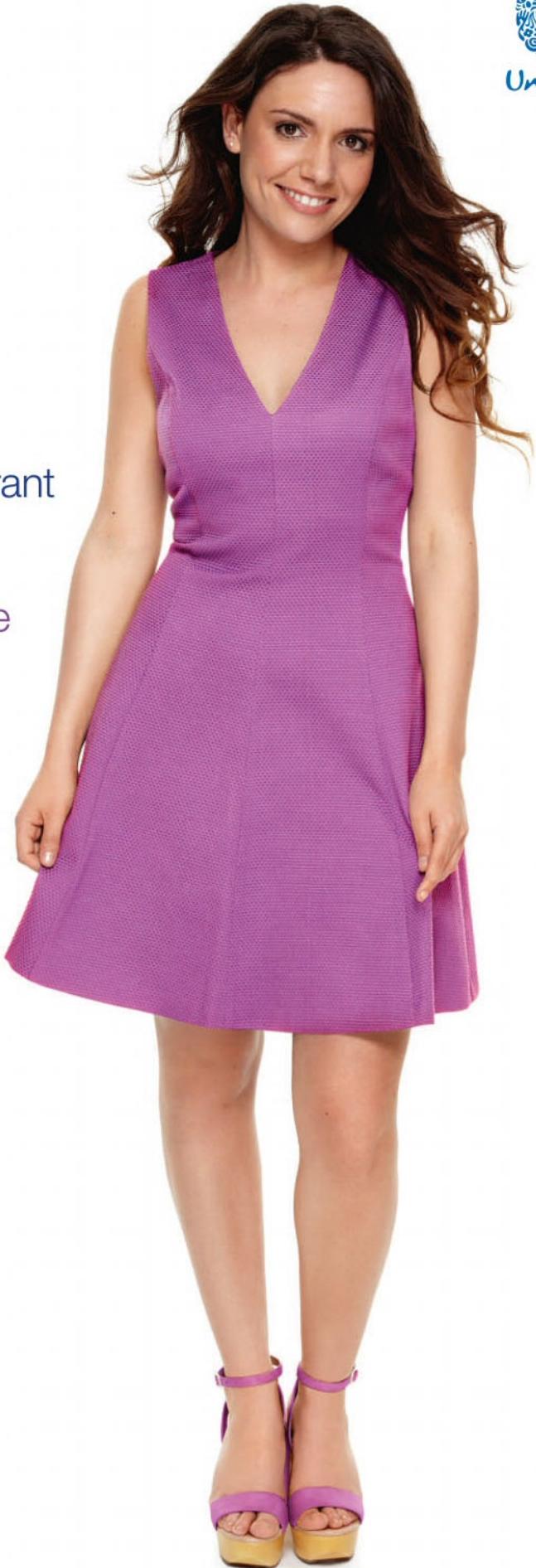
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'Holding in your words can harm you'

... but there's a right and a wrong way to let them out, says our columnist Jameela Jamil

There are plenty of things a woman shouldn't feel she has to swallow... and one of the *less* obvious things on that list – but one that I think it's imperative to point out – is her words.

Forcing your thoughts back into your body, all the way to the bone, is a dangerous thing to do. If something is weighing on your mind, you *have* to say it. Anything you sweep under the rug will remain there, waiting patiently, gathering dust (and momentum) until it eventually demands to be dealt with.

I've always believed that disease is often the body's way of manifesting

what's happening on an emotional level. I wouldn't be the first person to link cancer to stress, or stomach problems to repressed rage. Keeping shtum leads to all sorts of havoc – not to mention the psychological burden you carry when your words are locked in your head, guarded by the tongue you're holding.

It allows bad situations to build strength and grow, sometimes to a size that's too big for you to tackle without sustaining injuries. I look back and see so many occasions when, if I'd just had the courage to speak up earlier, I might have spared myself (and often others) undue pain and trauma.

But we're afraid. We're afraid of the consequences and of being thought ›



of as 'difficult' or 'needy'. We Brits still see displays of emotion as a sign of weakness, instead of strength. We're told from a very early age, 'Don't make a fuss?' It's learnt behaviour; we're not born biting our lips. When we're babies, we make it (very) clear when we're hungry, tired, neglected, scared, in pain; when we love you, hate you, miss you... There are no false pretences. No mixed signals. And what's wrong with that? What's wrong with being honest about our needs?

I understand that it's sometimes hard (and potentially awkward/creepy/grounds to be fired) to say what you *really* want. And I'm definitely not suggesting you go around ranting and raving about every single thing that's on your mind. But I think if it's done with skill, nothing's beyond the realm of discussion. (Apart from, 'I wish your penis was bigger.' That's a total no-no. I'd advise you never to have that chat with any man ever.)

So how should you spit out the issue that's been burning a hole in your tongue? 'A spoonful of sugar helps the medicine go down,' is Mary Poppins' much-underrated philosophy, and it's the exact advice I want to relay to you

now. The *way* in which you express the thoughts in your head is the key to reaching total emotional freedom.

Something I've observed throughout life is that too often, people don't say how they feel until their thoughts have poured – nay, exploded – out of them, almost involuntarily. When your emotions build up to such a degree, it's very difficult to remain articulate and calm, which is why so many people

become the screaming kettle that's reached boiling point (also the fastest way to get another person to stop listening to you).

'It's not *what* you said, it's *how* you said it,' might be one of the oldest clichés in the book, but I stand by it. If you swear at

me and raise your voice, you'll be met with my shield. I can't help it. Nobody can. Fair enough: you're angry and you want to *show* you're angry. I get it. But it slows down the whole communication process. There's nothing wrong with showing you're upset, but if you really want to reach a resolution, you need to address your tactics.

Psychologist Marshall Rosenberg was the pioneer behind a technique called NVC – nonviolent communication. I'd

urge you to watch his videos. It's all very American, but the way he breaks down our methods of sabotaging ourselves when we're trying to have emotional conversations is bloody brilliant; he confronts us for our use of guilt, shame and punishment when talking to someone who's done something wrong.

Rosenberg believed we should explain how we feel about a situation, rather than just doling out accusations or attacking what someone else has done.

At the core of all 'good' people is a healthy sense of empathy, and appealing to someone's empathy is a smart approach that's guaranteed to reach them faster than showering them with blame. If they don't feel they need to bury their head in the sand or get defensive, then maybe they'll actually hear what you have to say.

For example, 'I can't believe you just looked at that other girl's boobs, you bastard!' could be replaced with, 'It hurts my feelings and makes me feel invisible when you pay attention to other women right in front of me.' And, 'You never make an effort with my friends!' might become, 'It would mean a lot to me if you'd spend more time with my friends. I want the people I love to get to know the man I'm in love with.'

Of course, speaking your mind doesn't always work. 'I can't believe you cheated on me, you prick,' can only be replaced with, 'I'm leaving you, you prick.' I don't know if there's any reasoning with someone like that.

But in short: speak up. If something's bothering you, be proactive. If you're unhappy in your relationship, say something. If you're being treated badly at work, try to tackle the problem head on. But be subtle and emotionally aware. Take your time, breathe and think about what you really feel. I find it helpful to write a fake letter to the person I want to talk to. It organises my thoughts and gives me the chance to have a casualty-free confrontation.

It's so easy to act thoughtlessly, but it makes life so much harder. And surely life is hard enough already? ♦

 Follow Jameela @jameelajamil

SEE MORE FROM JAMEELA (AND
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We Brits still see displays of emotion as a sign of weakness, instead of strength

Why Not People?

I'm proud to have founded Why Not People?, the UK's first members' club created solely for disabled people. Supported by artists including Coldplay, Calvin Harris, Ed Sheeran and Tinie Tempah, we'll stage totally accessible events for members across the UK. To find out more about upcoming events, and to become a member, check out Whynotpeople.com.





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This is the sound of summer

After featuring on Clean Bandit's *Rather Be* last year (she was the one singing that earworm of a chorus that was in your head all summer), Jess Glynne has gone on to be the biggest breakout star in the UK. She's only been releasing music under her own name for a year and has already scooped a Grammy – not to mention huge Friday-night cred for No.1 single *Hold My Hand*.

Her distinct soul sound isn't the only thing that makes her stand out, though. While she cites influences as diverse as Amy Winehouse, Sam Cooke, Lauryn Hill and Eminem, she's unfiltered, unaffected and not trying to be anyone but herself. She's honest about everything, from binge drinking when she was younger, to her sexuality, saying, "I don't know what I want now – to be with a guy, with a girl, be with anyone... I'm so content with just doing this and seeing where it all takes me." She puts all that into her album *I Cry When I Laugh* (out 14 August). This 25-year-old Londoner is set to be a voice of her generation – and not just because of her music.

JESS'S FRIEND LIST



TINIE TEMPAH

The pair collaborated on his track *Not Letting Go*.



EMELI SANDE

They co-wrote and sang together on Jess's song *Saddest Vanilla*, produced by Naughty Boy.



TAYLOR SWIFT
They made friends at the Grammys this year.



RITA ORA
Jess has been sending Rita tracks she's penned.

BAROMETER

All over it

Zawe Ashton

She's brilliant as Vod in *Fresh Meat* and now shows her versatility in new Channel 4 comedy/drama *Not Safe For Work*. Don't miss it.



SCOUT GROWS UP

To Kill A Mockingbird was a book we loved at school, so we can't

wait to see what happened to our hero, Scout, in Harper Lee's newly published *Go Set A Watchman*.



MAGIC JOE

Joe Manganiello and Channing Tatum steal the show in *Magic Mike XXL*, but it's Joe's scene in the mini mart we can't stop giggling at.



BEAUTY DONE GOOD

Murad Rapid Collagen Infusion, £65, will not only make your skin feel beautiful, but your soul too, because £10 from every bottle goes to The Prince's Trust.

So over it

PLAYING NICE

The new Abusive Elmo On Demand app lets you call up your friends and leave them angry messages – in the voice of Elmo. Bizarre but clever!





The Album

YEARS & YEARS, COMMUNION

The dreamy synth beats, clever ethereal lyrics and frontman Olly Alexander's voice – oh, that *voice* – have had us hooked ever since we got our ears on *Take Shelter* last year. But it was forever-awesome single *King* that put this electro-pop trio where they belong – at No.1 – earlier this year. And in debut album *Communion* there are plenty more 'King' moments in store. With '90s influences and 2015 dance beats, *Worship* is as addictive as *Memo* is meaningful, and *Eyes Wide Shut* is perfect to brood to. Not even a cold beer in Ibiza feels as cool as listening to this album right now. *Out 10 July*



The Film

AMY

Amid all the pap shots and scandal, it's easy to forget what Amy Winehouse really was: a generation-defining songwriter of incredible talent. A mix of home videos and professional footage, *Amy* charts the singer's epic rise and fall, from big-voiced wannabe to one of the world's most infamous stars. The narration comes from old interviews with Amy herself and new ones with her best friends. Neither dad Mitch nor husband Blake come out of it well – both seeming to enable her demons in very different ways. But it's the shots of Amy away from the cameras, with her friends, that stick with you. And their voices breaking as they talk about how they wish they could have done more to save her. *Out now*



The Show

WET HOT AMERICAN SUMMER: FIRST DAY OF CAMP

Indulge in all your American comedy crushes in one nostalgic swoop in this new series starring Paul Rudd, Bradley Cooper and Amy Poehler. The all-star cast reprise their roles from the cult 2001 classic of the same name, and it's startling how successful they've all become since. Serving as a prequel to the movie, the series kicks off on the first day of Camp Firewood in the summer of '81. Paul Rudd is, of course, hilarious as randy camp counsellor Andy. If you miss *Saved By The Bell*, this will scratch that itch for you. Watch it on Netflix from 31 July.



The Book

THE BLUE BY LUCY CLARKE

We're sensing a theme, as Richard and Judy Book Club best-selling author of *The Sea Sisters* and *A Single Breath* is back with her compelling new novel *The Blue*. Set at sea, it follows the story of Lana and her best friend Kitty – who leave home to sail the world on a 50ft yacht named *The Blue* – travelling from the Philippines to New Zealand. When Lana and Kitty's friend mysteriously disappears overboard following an argument, we learn how quickly paradise can become lost... and soon dark secrets unravel, turning a trip of a lifetime into a chilling nightmare. This is a gripping thriller packed with unexpected twists, turns and complex secrets. Fans of Alex Garland's *The Beach* will love it; the ultimate beach read. *Out 30 July* ♡



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Confessions

Because it's good to share... right?

MOVIE MISTAKES

Sometimes the best entertainment happens off-screen...

Watch and weep

A few years ago I was feeling really hormonal on a cinema date with my boyfriend. We went to watch *Harry Brown* – where a pensioner takes on a group of youths who've been terrorising his neighbourhood (not exactly *Titanic* sob-worthy). But because I'm a real movie weeper, I ended up blubbing halfway through – and once I'd started, I *couldn't* stop. It got to the point where my boyfriend stood up and moved two rows away from me, because he couldn't stop laughing (or hear the film over my wailing). I have no idea why I got so emotional. So much for 'date night'...

Lucie*, 30, administrator, Glasgow

Parental guidance

My dad has always been a bit of a joker who lacks volume control, but during one trip to our local cinema he came out with something *totally* unexpected. We were watching *Burn After Reading*, and towards the end of the film there's a scene where George Clooney reveals a chair with a sex toy attached to it. I instantly cringed (parents and sex *don't* mix), but to my absolute horror, Dad came out with, "I'll have to get your mother one of those for naked Tuesdays!" The couple behind us started sniggering loudly, so Dad then turned around to flash



them a big grin and a thumbs-up. I almost *died* from embarrassment.

Ellen, 23, sales assistant, London

Touch and go

While on a first date with a guy from Tinder, I got so engrossed in the film that when a scary scene came on, I automatically reached out to grab his hand for comfort. That would have been embarrassing enough, but to my

horror the hand immediately recoiled. When I looked up, I discovered I'd grabbed a total *stranger's* hand. To make matters worse, my date (who was sitting to my left, *not* right) clocked what had happened too. He found it hilarious, but the stranger (a man sat with his wife) didn't, and kept shooting me filthy glances throughout the rest of the film. I honestly prayed my chair would swallow me whole!

Naomi, 26, receptionist, Cardiff >

Idle hands

On my first, nerve-racking date with my now-ex, we went to the cinema. When I'm nervous, I look for something to occupy my hands, and as we stood in the foyer waiting to be let in, I leant against a wall and absentmindedly started flicking a switch. Suddenly, a concerned member of staff hurried over and told us we had to leave – apparently I'd been making all the lights inside the theatre turn on and off! The guy said he had no choice but to kick us out, because I was clearly “a bit of a troublemaker”. I was mortified. Still, I guess my date didn't mind too much – we ended up being together for three years.

Jennifer, 23, journalist, Essex

You snooze you lose

I foolishly arranged a trip to the cinema with the new guy I was seeing, the day after a messy night out. Everything was going fine, until my hangover started kicking in. I tried hard to focus on the film, but I was so tired – and the next thing I knew my date was shaking me awake, while the end credits rolled! Apparently I'd fallen asleep after 20 minutes and was snoring throughout the *entire* film. If that wasn't bad enough, he texted afterwards saying, ‘Hope you enjoyed your nap, it only cost me a tenner’! Funnily enough we didn't see each other again.

Neha, 24, beauty therapist, Birmingham

Lost cause

My friend and I arrived late to the cinema, and the film had already begun. Our seats were in the second row from the front, which meant traipsing past the screen to sit down. Not wanting to block the view, we ducked down and prepared to scuttle past. But I tripped on a woman's bag and went flying. Not only did I drop an entire box of popcorn *everywhere*, but I lost my phone – we both spent the next five minutes crawling around under the screen searching for it, while the entire cinema tutted at our silhouettes blocking the film. Hideous.

Sarah*, 32, solicitor, Lancashire

MEN CONFESS



SAVING FACE

Men can be their own worst enemies

FINAL COUNTDOWN

In a job interview for a management position, I tried to prove my ‘numerical skills’ by spontaneously making up a really hard sum for myself on the spot – even though the interviewer hadn't asked for one. Sadly, my mouth works quicker than my brain – I ended up spending three whole minutes struggling to work it out, before admitting I didn't know the answer. Luckily the interviewer found it funny and offered me the job (which thankfully doesn't require much maths)!

Alec, 27, publishing, Bristol

TOUGH BREAK

My housemate Sam is a real fitness freak. After I boasted

about how I love working out too (despite secretly *hatting* exercise), he invited me to the gym. To impress him, I made a beeline for a big weights machine. But after about 30 seconds I ended up getting my hand trapped, and shrieking so loudly that half the gym turned to look. I tried to ignore the pain, but two hours later Sam had to drive me to A&E – where I discovered my finger was broken. That'll be my first and last trip to the gym.

Ben, 26, teacher, London

FLOWER FAILURE

I'd just started dating a girl I'd liked for absolutely ages when Valentine's Day rolled

around. Wanting to impress her without blowing the bank, I was chuffed to find a shop that sold two dozen roses for £30. Or so I thought. When I took them to the till, it turned out they cost £100! I was too embarrassed to put them back – so I tried to look like £100 was totally cool as I put them on my credit card. But it was worth it – we're getting married next year...

Russ, 33, buyer, Essex

CHARITY CASE

Strolling through town, I saw a charity worker approaching. I always feel pressured to donate (although I'm a poor student!), so I tried to avoid him. Unfortunately, I didn't look before rushing into the road, and was hit by a car. Luckily, I wasn't hurt, but the charity guy came over to check I was OK, and – as he was so nice and really concerned – I wound up joining a monthly donation scheme! I still haven't got up the nerve to cancel it.

Paul, 24, student, Sussex ♦

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Lauren Franklin wonders when dating became more like a job interview

“**W**here do you see yourself in five years’ time?” my inquisitor asks. I’m expecting this question. “Well, Paul”, I say, maintaining eye contact. “I’m not a fan of plans. While I believe in hard work, cast-iron planning can prevent exciting opportunities.”

He says nothing, leaving a silence for me to fill – a common tactic.

“Everybody likes exciting opportunities,” I offer limply. Another pause. Then, “I don’t think we’re the right fit,” Paul says. “I like structure.” We both down the rest of our wine and exit the bar in opposite directions.

Having a date that feels like a grilling is increasingly common. While I’ve had evenings with funny, intelligent men, others are more excruciating than a job interview – and this from the girl who got so nervous during one of those that I said, “bollocks” to an editor (who *also* told me, “I don’t think we’re the right fit,” as it happens).

It’s left me wondering why so many of us disregard chemistry in favour of a list

**“So you
can’t cook and
you can’t drive –
what do you bring
to a relationship?
he asks me”**

of rules when searching for The One. For example, last Friday I went out with Joshua*. We’d met at a gig two weeks before, and this was our second date. Our first had been in a noisy bar – we’d made each other laugh and I liked his vibe.

When he suggested an intimate tapas restaurant, I was excited about getting to know him using my ‘indoor voice’, rather than my ‘shouting above the music’ voice. He didn’t seem the type who’d want me to come prepared with a speech about my skillset. But I was wrong. So very wrong. I can’t drive, which doesn’t bother me at all. But for Joshua, it was a big issue. “How are you going to take your kids to school?” he asked, genuinely concerned about our hypothetical lives.

“I haven’t actually made my mind up about whether I *want* kids,” I said.

“But you’re a *woman*!” he said. “And not one I can take home to Mum.”

I couldn’t tell if he was joking, but directed our chat in the safer direction of his weekend plans just in case.

“I’ve got friends coming over, so I’m making a curry. What’s your speciality?”

Ah, my Achilles heel. I can’t cook *at all*. I confessed that my microwave and I are BFFs – and his reaction was more violent than salmonella. “But how do you make Christmas dinner?” he spluttered.

“My parents do. One with Dad on Christmas Eve and one with Mum on Christmas Day.” Without missing a beat he responded, “Your parents are *divorced*!?” When I asked (sarcastically) if it’s an issue, he said no, as his voice rose two octaves.

“So you can’t cook and you can’t drive – what do you bring to a relationship?” he asked. At that point I was surprised he didn’t steeple his fingers under his chin for the full-on psychiatrist look.

“I’m loving, loyal, caring, faithful, fun and brilliant in bed,” I snapped.

I left disheartened. Of course, I have my own checklist. But chiefly, I want a spark with someone, to laugh until it hurts. I *don’t* want to get to 70 and say, “We never had chemistry – but the way he parallel parks and poaches eggs? Wow.”





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Sofía Vergara is the sexiest, funniest, best-paid actress on TV, and totally unapologetic about it. Meet the queen of confidence

Interview JACQUI MEDDINGS
Photographs MATTHIAS VRIENS-McGRATH





Woman we love

66

I

've been many times to London – I *looove* it. The first time I was 15 and I went to Piccadilly. It was the '80s and it was punk *craaazy*. I wasn't a punk

but tried to do it a little *bid*," Sofía Vergara says, chatting away to *Cosmo* in that unmistakable Colombian accent. It's hard to picture Sofia as a teenage tourist. In fact we can't accept her as anything other than the kind of star who jets to London to glitter on red carpets in Leicester Square. From the moment she clip-clopped on to TV screens as hilarious bombshell Gloria in *Modern Family* six years ago, world fame was a cert. Nobody makes sexy 'funny' and funny 'sexy' like Sofia.

Now, at 42, she's the world's highest-paid TV actress – a fact she is both humble about and proud of. "Don't believe everything they write. But of course it makes me super-happy because it hasn't been that easy," she says. And that's an understatement. Born and raised in Colombia, Sofía married her high-school sweetheart at 18 and had her son Manolo at 20. The following year she split from his dad and started training as a dentist before she quit to host a TV show for a Spanish-language network. Then, when she was 28, a doctor found a lump in her neck and she was diagnosed with thyroid cancer. After surgery to remove it and radioactive iodine treatment, she made a full recovery. Her drive and hard work paid off when she got the part of Mary Alice in the Colombian version of *Desperate Housewives* and then scored her role as Gloria.

This summer she's where she belongs – playing the lead in a girls-on-the-run comedy *Hot Pursuit*, alongside Oscar-winner Reese Witherspoon (out 31 July). Then, in a pioneering move, she's launching her own reality series *Vergaraland* on Snapchat through her company Latin World Entertainment. She set up the firm with her business partner in 1994 to manage her career. Now it's a multi-million-dollar



phenomenon – looking after other talent and launching technology brands, it is the top hispanic agency of its kind in the USA. But this entrepreneur is no work bore. Her silly selfies with Reese have filled our Instagram feed, and *Vergaraland*, filmed from the perspective of her son, who is now 22, will no doubt be a must-watch. At the same time, she's planning her wedding to *Magic Mike* actor Joe Manganiello. Time to find out how she takes care of her family, business, health and that oh-so handsome man of hers...

Welcome to Cosmo, Sofia! How was working with Reese Witherspoon?

"It was so much fun. Usually when you do a movie with another actress you're wary of whether you will get on. We only met two times before *Hot Pursuit*, so we were very lucky that we liked each other! The set was nearly all women – the director, producers, everyone. When you work with women you take care of each other."

What's the key to your success?

"I understood when I started doing comedy that the only way for a woman who looks like me to be funny is to let go of all the insecurities and not think about how I look. The important thing is to forget yourself and to understand what makes a joke funny. I'm not afraid of experimenting and being dumb – it's all part of trying to make people laugh."

What's your philosophy with work?

"We're not brain surgeons who could kill someone if we don't do the right thing – in the entertainment business what's the worst thing that can happen? I want to create things and have new adventures. Because of *Modern Family*, all of those things that I wanted to do with my career – not just acting but endorsements, creating my own perfume, my own clothing line, furniture – have been possible."

How would your family describe you?

"I don't take myself seriously – whatever I do, I do it with a sense of humour. But my mum says I was very responsible since I was a little girl. I've always tried to do the right thing while respecting everyone. Latin people grow up with that in

our minds – to look after our family and everyone around us."

How do you unwind?

"I like travelling and organising trips to new places with my family. I love having my family around me – I grew up in Latin America so we're used to having everyone on top of each other. The point of being successful and having things is to be able to share them with the people you love and, if not, you end up just sad and with a lot of shoes!"

Have you had to deal with rejection?

"Sometimes I'd go to a casting and they'd say no, but you can't take it

'WOMEN TAKE care OF EACH OTHER ON SET'

personally. You can't be like [puts on dramatic Gloria voice], 'Wahhh, no, it's because I'm not beautiful or talented enough.' Move on and keep going."

Did beating cancer give you strength?

"Yes. When you are confronted with something dramatic like the word 'cancer' you look at what is important to



you. I was lucky because out of all the cancers this was one you can remove and treat. It could have been a lot, lot worse."

How did it affect your son?

"My son was very young, so I didn't tell him the word 'cancer' because you don't want to create fear or drama. I told him I had to go to the doctor, and because mine was in the thyroid – in the neck – I had to wait for it to heal [after surgery] and have treatment."

Has it changed the way you feel about your body?

"Yeah, of course. It's amazing when you go through something like that – you appreciate what you have and try not to dwell on things you don't have."

Do women talk about their bodies differently in Hollywood compared with Latin America?

"In Latin America we are used to voluptuous women – that's what we like and, I mean, I've never had any complaints! When I see my mum [if she thinks I look too slim], she says [puts on fake crying voice], 'What is wrong with youoo?' I'm like, 'Nothing, Mum!'"

Talking of hot bodies, your fiancé Joe's movie *Magic Mike XXL* is out this month...

"Oh, my god, I went to see them shoot some scenes in Georgia and the whole cast was there. They are insane dancers and take their roles very seriously. They were all training and eating healthily."

How do you spend time together?

"Sometimes we train together. I'm very lazy but I've been working out more since I met him. I eat healthier than him and I've been feeding him healthy food, so we're good for each other."

How did meeting Joe change your life?

"It was the perfect time to meet someone so similar to me. We like staying at home or going to the movies – we don't like to party and be in nightclubs. We are very relaxed, which is just what I want right now. We're having a great time."

We're engaged so are planning the wedding. It's great when you meet somebody and from the beginning you have a special connection, so it's not just that you're attracted to one another but your love is a natural thing that happens. You understand the person and they understand you – it's very difficult to find. Right now I feel pretty lucky." ▶

Woman we love

THE COSMO QUIZ

Name: Sofia Vergara

Nickname: Toti

My best feature is:
my brain

My clothing item I can't
live without is:
My Knast
Collection Leggings
they are like
instant Liposuction!

My ultimate beauty icon is:
Sophia Loren



Not many people know this,
but I'm really good at:
Giving medical
diagnosis

The first thing I notice about
a guy is:
a) His eyes
b) His body
c) His smile
d) His style

Every man should own:
a fancy Cologne.

Every woman should own:

A great pair
of animal print
underwear.

My biggest celebrity crush is:
Rihanna

The first concert I went to was:
Luis Iglesias .

Cosmo wants to cast you on
one of our favourite shows!
Which cameo would you do?

a) A doctor on *The Mindy
Project*
b) The mistress of a
disgraced Congressman
on *Scandal*
c) A rival singer on
Nashville
d) Other:

I never leave
home without:
a) Lipstick
b) Mascara
c) Heels
d) A blow-dry
e) Other:

My character Gloria on *Modern
Family* is:
a) Nothing like me
b) Exactly like me
c) Pretty similar, except for:
the accent!

My *Modern Family* co-star who
is funniest in real life is:
a) Ed O'Neill
b) Rico Rodriguez
c) Julie Bowen
d) Eric Stonestreet
e) Other:
Because:

ADDITIONAL PHOTOGRAPHS GETTY IMAGES. FASHION EDITOR ELIZABETH STEWART. HAIR MARK TOWNSEND FOR DOVE HAIR CARE AT STARWORKS ARTISTS. MAKEUP KAYLEEN MCADAMS AT THE WALL GROUP. NAILS KIMMIE KYEES FOR ORLY INTERNATIONAL/CELESTINE AGENCY. PRODUCER SHOTSI KRAMER FOR FIRST SHOT PRODUCTIONS. SOFIA WEARS: FIRST SPREAD: TOP, NATION LTD, SKIRT, BCBG MAX AZRIA, NECKLACE, JENNIFER FISHER, RING, MAYET; SECOND SPREAD: TOP, NATION LTD, SKIRT, BCBG MAX AZRIA. THIS PAGE: TOP, MICHAEL STARS, SKIRT, DOLCE & GABBANA



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I'm A BRONDe

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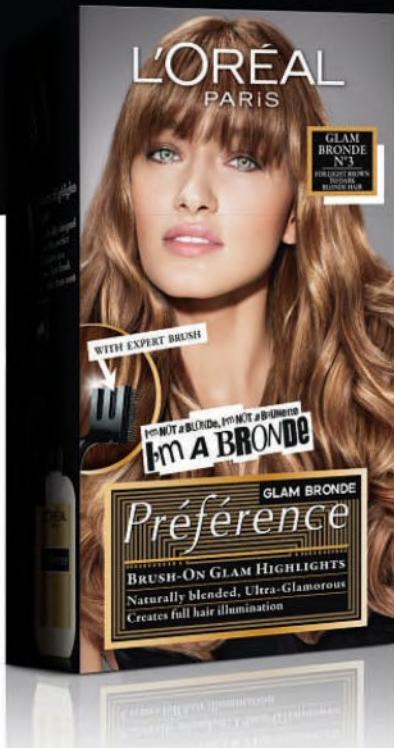
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My summer BEHIND BARS

There's no greater feeling than when you put on your 'out of office' before a well-earned holiday – you can practically taste the sunshine, cocktails and freedom. But for some, the sun and sea come with something a bit more serious: a jail sentence ➤

NEW



A chocolate dessert you can enjoy anytime

*Skimmed milk from concentrate

t seemed like a good idea at the time. It was 3am, and closing time at the Tokyo nightclub where Emma*, 24, and her friend had been partying. Not yet ready to call it a night, they headed to a pool party they'd heard about from someone else at the club. "We thought it'd be cool," says Emma, who was five days into a two-week holiday in Japan, after graduating from university last summer.

But once their taxi driver had dropped them off, they realised there was no party – and the pool was inside a school's grounds.

"It isn't a decision I'd have made sober," says Emma. "But, in the moment, I thought it'd be fun to get inside anyway."

Climbing over three fences to do so, the pair stripped down to their underwear and jumped in the pool.

"No one else was there. It was nice," Emma says. "Until, 10 minutes later, we were suddenly surrounded by 12 uniformed policemen, and realised we were in *big* trouble."

Arrested for trespassing, the women were handcuffed and driven to a police station, where they were tied to chairs with ropes in separate rooms. Officers contacted the British Embassy on Emma's behalf, and she was told she'd spend a couple of nights in prison before meeting with a prosecutor who'd hear her case.

"I couldn't believe I was going to jail," Emma says. "I was so scared, especially because I didn't speak the language. My short-sighted view was that if you went to prison abroad, the British Embassy just came and got you out. I kept thinking, 'They'll be here any minute.'"

But it didn't play out that way – and Emma spent the next six days locked up in a strict, all-female detention centre with no contact with her family.

"My cell was sparse – there was no bed," remembers Emma, who'd never been in trouble with the law before. "It smelt like a hospital." She had all her possessions taken away and was given a grey tracksuit to wear, along with a flannel, tissues and a toothbrush.

"Every evening we had to line up these items on the floor in front of us, and kneel behind them," she says. "When the prison warden came in,



we had to salute. There was also a room specifically for hair brushing. It was totally surreal."

On her third day, someone from the Embassy met with Emma. A day later, she was assigned a lawyer and, with his help, was released just before her scheduled flight back to the UK two days later.

It's easy to think something like Emma's experience would never happen to you. But when you're a couple of cocktails down and in the holiday spirit, a late-night skinny-dip – or other behaviour that might not have such harsh consequences in the UK – might not seem like a bad idea.

"We're more carefree on holiday," says clinical psychologist Dr Jessamy Hibberd. "No one knows you, so you don't have to act in a way that's expected of you. There's an air

17,517 BRITISH TOURISTS NEEDED SERIOUS EMBASSY SUPPORT LAST YEAR

of 'nothing bad will happen to me' and you tell yourself everything will be fine."

Statistics from the Foreign & Commonwealth Office (FCO) show that 17,517 British tourists needed 'serious' or 'high-level' support from the British Consulate while abroad between 2013 and 2014. Many were for hospitalisations, but 5,418 were for arrests and 717 for drugs arrests,

which is why it's so important to be considerate of local laws and customs.

Even behaviour you'd assume is perfectly fine can land you in trouble. In Dubai, PDAs are hugely frowned upon, so something as natural as giving your partner a kiss in the street could get you arrested, while in Morocco drinking alcohol in the street – or anywhere that isn't a licensed restaurant or bar – isn't allowed and can lead to ↗

YOU CAN'T DO WHAT?

- ✖ In Greece, mooning is not tolerated, nor is some fancy dress – dressing up as a nun, for example. You can be sent to prison for behaving indecently.
- ✖ In some parts of Australia you can be fined for publicly swearing. WTF?
- ✖ Honking a car horn near a hospital is not allowed in Cyprus.
- ✖ On some Caribbean islands, wearing camouflage is illegal.
- ✖ Concealing the face in public is illegal in France – including balaclavas, full veils and masks.
- ✖ It is a criminal offence to make critical comments about members of the royal family in Thailand.
- ✖ In the Seychelles, topless sunbathing is not tolerated on some beaches. Nudism is not acceptable.



WHAT TO DO IF YOU'RE ARRESTED

Ask the authorities to contact the British Embassy. If they decline, keep asking and remind them that it's your right to contact them. Laura Bevan of Prisoners Abroad also advises getting in touch with her organisation. "We're the only people who can help with prisoners' welfare."

WHAT CAN THE BRITISH EMBASSY DO?

- Visit you in prison
- Tell your family you've been arrested
 - Deliver letters from family and friends if the prison permits it
- Provide basic information about the local legal system and prison
- Try to ensure you're not mistreated
 - Provide details of local lawyers, interpreters and doctors

WHAT CAN'T THEY DO?

- Get you out of prison
- Interfere with court proceedings or investigate crimes
- Give you legal advice or translate formal documents
- Prevent local authorities from deporting you after your prison sentence
- Pay any bills or give you money from public funds



arrest. The FCO website provides travel advice for 225 different countries and territories to help you get up.

But even if you are fully clued up about the dos and don'ts of the country you're travelling in, it pays to work out where you'd go for help should you need it. Holly*, 27, was held in a Lebanese prison for five days, for something she says she didn't do.

While on holiday there, a car she was travelling in with friends was stopped and searched by undercover police. Unbeknown to her, a man she'd met in a hostel had brought a small amount of cannabis, which the police found under the passenger seat.

"We were taken to a police station and shackled for 15 hours," Holly says. "We were forced to give a urine sample to test for drugs, which the police said came back positive – but I hadn't taken anything."

"I burst into tears as soon as I walked into my filthy cell. It stank of excrement – the loo in the corner was overflowing. There were scrawls on the walls, saying things like, 'Please help me, God!'"

Holly shared the 5m x 5m cell with seven other women for 24 hours a day. After four long days, a man from the British Embassy visited her. He asked if she wanted to tell her parents about her situation – but she didn't. The next day, Holly appeared in a public court, where she pleaded innocent. Thankfully,

she was released and flew home a couple of days later.

"It was so scary," she says. "Sometimes when I think back to it, I panic. I'm less trusting now, and make sure I know everyone I'm travelling with. Although my sister knows what happened, I still haven't told my parents."

Holly was lucky to escape jail. "Some countries want to make an example of foreign nationals," says Laura Bevan of Prisoners Abroad, a charity caring for British people held in foreign prisons.

"They might also proactively involve the media to show their hard-line zero tolerance to drugs."

In 2012, British expat Rebecca Blake, then 29, served 95 days in Dubai for having sex outside marriage – something she claims never happened, but is illegal under the country's strict laws. And in 2013, Michaella McCollum Connolly and Melissa Reid, both 20 – known as the Peru Two – were arrested for trying to smuggle £1.5million of cocaine from Lima in Peru to Spain. They pleaded guilty and were sentenced to six years and eight months in jail.

"Those who coerce women into being drugs mules might say, 'It's OK, you're British, you'll be fine,'" says Laura. "But you shouldn't take any notice. The British Embassy will do what they can, but that doesn't involve getting you out of prison."

Prisoners Abroad currently supports 108 women in overseas prisons. "You might get arrested simply because you haven't researched the local laws and customs," says Laura. "You need to be more cautious than at home." Check your travel-insurance policy too – you can't assume it'll cover legal fees if you find yourself in trouble with the law.

Today, Emma still has flashbacks to her ordeal. "I was in prison – I never thought I'd have to say those words," she says. "I didn't really know about the laws in Japan. As a Brit in a country like that you feel you're immune. But I'm much more wary now when I travel."

Ignorance isn't always bliss, and not knowing your actions aren't legal isn't an excuse – so before you pack your passport for your next holiday, read up on what's tolerated and what's not – it might mean the difference between sharing beach selfies with your mates and a cell with fellow inmates. ♦

WHATEVER YOU'RE DOING...



SHOPPING TRIP



WORK READY



DATE NIGHT



DAY TRIP



GIRLS NIGHT IN



GIRLS NIGHT OUT

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ARE YOU DATING YOUR DAD?



It's one of the first, most integral relationships in a woman's life. But does your bond with your dad affect your choice of men? Natasha Devon reports...

Throughout my adult life, I've been looking for the most 'mucky' man I can find. (Mucky is a term I invented to denote having, well, *much* of the qualities we look for in a partner: strength of character, kindness, patience and all those other attributes it's easy to miss when you're distracted by a six-pack.)

My search for Mr Mucky was long and peppered with hard-earned lessons, such as: it's *not* OK to wait in all day for a bloke who says he's coming over, but is actually in the pub. But it turns out my dating disasters might have been caused by a man much closer to home: Dad.

Studies show the way we relate to our fathers in childhood often influences our future love life, and if your dad was absent, it can be more difficult for you to form healthy attachments with men. Yet with two million one-parent families in the UK, I refuse to believe women are destined to be forever dysfunctional thanks to their dads.

My biological father left when I was one. I didn't see him again until I was 25. Growing up, my logical brain told me it couldn't have been my fault – how

terrible can a one-year-old be? But I didn't *feel* like that was true. I asked myself, 'What's so wrong with me that Dad didn't want me in his life?' And sure enough, my early experiences with boys were far from positive. The men I dated in my twenties were, on the whole, controlling, distant, cheats – or a combination of the three. Could my absent father be to blame?

"In relationships, you get what you expect," says self-esteem coach Sue Atkins. "If you had a bad experience with your dad and think men are untrustworthy, you'll attract men who fit that description."

On the other side of the dad-shaped coin is my friend Evelyn*, 28. Her father was in the army, so although he was often absent, he was a hero, whom few men could match up to.

"For ages, I couldn't differentiate between good and bad male attention," Evelyn told me. "I used to give my time to anyone who asked for it. It was a combination of putting men on a

Soup: Gazpacho
Salad: endive & feta cheese
Mussels: Mariniere
Fish: Skate fish w/ baked trout
Spinach & Lemon Butter Sauce
Meat: Fillet mignon
& Pepper Crust

Cosmo relationships

Apt: Sea & sand

Fish: Skewered fish w/ baked trout

Spinach & Lemon Butter Sauce

Meat: Fillet mignon
& Pepper Crust

Great. Now I have four of you nagging me about how fast I drive"

pedestal (because I thought they were all heroes) and craving male attention because I'd like to have spent more time with Dad growing up."

In a classic lose-lose situation, if your dad treated you like a princess, no other man will match up. And if he wasn't around, you could end up striving for male approval. Even if you think of your dad as pretty average, you're still likely to take his opinions far more seriously than anyone else's. So just how do you move on from this relationship?

"A lot of girls have a strong bond with their father," says Sue. "But it's crucial to realise everyone is human." And before you *think* of relying on a man, the key

is to rely on yourself. "In my self-esteem workshops I ask everyone to fill a bucket with things they like about themselves," says Sue.

"Looking externally for validation means someone else has power over how you feel about yourself. You need to fill your own bucket."

Evelyn is trying hard not to let her past affect her future. "I've made a conscious choice to be single until someone worthy comes along," she says. As for me, it took therapy to learn the art of self-esteem – but I've been with my current partner for two years now, and he couldn't be more 'mucky' if he tried. So even if your relationship with your dad truly sucked, there is hope.

Before you rely on a man, the key is to rely on yourself

MEET YOUR NEW LOVE RIVAL. SHE'S GORGEOUS, CLEVER, AMAZING IN BED... AND TAKES FIVE HOURS TO CHARGE



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he robots are coming. You might say they're already here: we have 'personal assistant' features on our smartphones ('Siri, where's my nearest Nando's?') self-flushing toilets, automatic vacuum cleaners, and even fridges that detect when we're low on milk – then order more. Some say it's

only a matter of time before we have 'synthetic human' companions too, like in new Channel 4 show *Humans*.

What might these androids be used for? Cooking? Cleaning? Sex? Apparently, the last isn't as crazy as it sounds. "Humans have found new and innovative ways to have sex since the beginning of time," says Scott Ross of global technology agency DigitasLBi. "Sex robots are simply the next frontier."

FROM SEX TOY TO SEXBOT

No, we're not talking about getting down and dirty with R2-D2 but, according to Scott, with androids that look and feel exactly like real humans. Unlike actual people, though, they'll have no morals and no free will. Meaning they'll do *anything* you ask of them. In 2015, perhaps it's not really that surprising – after all, sex toys have long been getting smarter and more realistic, and a recent survey shows that one in five of us (men *and* women) would be willing to have sex with a robot.

Several companies in Japan and America are already making hyper-realistic sex dolls, and business is booming. Firms such as RealDoll (which makes the 'Rolls-Royce' of sex dolls, costing £3,500 upwards) are investing millions in making their products as lifelike as possible – with astonishing results.

Customers can choose everything on their life-sized silicone model – from hair and eye colour to breast size

**Male
sex robots
do exist – and
they remove the
risk of STIs and
pregnancy'**

and nail polish. They even feature internal heaters (so they stay warm) and a removable vaginal attachment for, ahem, ease of cleaning.

But although these sex dolls look and feel like the real thing, they are, ultimately, still dolls. No matter how warm the skin or how lifelike the eyes, they can't interact. Yet. But now the same tech that's allowing us to chat with our smartphones is being developed for specific sexual applications. Meaning sex robots are *actually* coming (no pun intended) – and scarily soon, believes artificial

intelligence expert David Levy, author of *Love & Sex With Robots*. "I'll be surprised if it's more than another three years before we see more

advanced sex dolls

on sale," he says.

"There will be a huge amount of publicity when products like this hit the market – it'll be like the iPhone all over again, except the queues will be longer..."

Most robots in development are aimed at men (perhaps because women don't find landing a fuck buddy as



Yes, both men
and women are
being catered for



RealDoll
makes
lifelike
sex dolls



Customers can
even choose their
preferred bust size

difficult as men do?) but women – and gay men – haven't been forgotten. Male sex robots *are* in development, but the only existing (and fairly basic) male version on the market isn't particularly realistic. You can choose everything from the colour of its stubble and pubic hair, and its 'large' penis vibrates (good luck finding a man who does *that*...) but it doesn't actually ejaculate. At least there's no risk of STIs and unwanted pregnancies, though.

But can you really imagine a situation where a boyfriend or potential lover chooses to have sex with a robot, rather than, well... *you*? Where

women queue to buy the latest sexbot upgrades? It sounds mad, but then 20 years ago who'd have thought we'd be using an app on our phones to find someone to hook up with on a night out?

Some couples in long-distance relationships are already using sex toys in conjunction with Skype, and developments in virtual reality mean online porn is about to be taken to a whole new level of interactivity too. American company True Companion claims to have developed 'the world's first-ever sex robot', boasting on its website: 'Your sex robot will also be able to talk, listen, >



TV show *Humans* presents a world where we have robotic servants

carry on a conversation, feel your touch and be your true friend. They can also have an orgasm when you touch them. There are two models: Roxxxy for the men and Rocky for the women.

Company founder Douglas Hines says, "We have artists, beauty and makeup experts, and robotic engineers all working to provide you with your most lifelike sex robot." While Roxxxy and Rocky require plugging into a USB port in your computer to function – not *that* sexy – tech geeks are working on new models in which the processors are incorporated into the doll's brain. The price? You can buy the 'Beyonce' model for around £1,300 (but there's a cheaper version, without arms and legs, for roughly £650).

ROBOTS VS RELATIONSHIPS

So what could sexbots mean for our relationships? It doesn't look great. "Robot sex could encourage selfishness," says social anthropologist Kathleen Richardson, unsurprisingly. "You don't have to take into account the other person's thoughts or feelings, which could lead to a dangerous 'slave mentality.'" Others worry that sexbots

could also cause long-term psychological harm. "People might withdraw from real, human relationships," says another robotics expert, who chose to remain anonymous. "Instant gratification limits the development of patience and appreciation, not to mention raising expectations in the bedroom, which could make it harder to have successful real relationships."

It makes sense. After all, the most satisfying sex surely comes through having an intimate relationship with another person, and requires emotions and empathy – something robots simply can't experience (although they can simulate them). How healthy can it be to have sex on demand with a machine that resembles a woman or man, but exists solely for sex?

Psychologist and intimacy coach Lori Bisbey thinks it could destroy our communication skills altogether – with robots proving *preferable* to human contact. "Androids would make it easier for people not to bother with relationships

at all," she says. "Relationships are messy and come with a lot of work. If there was a robot that would do whatever you wanted – sex included – then you could turn it off and put it in the corner, I think a lot of people would opt for that."

Many men wouldn't admit to their girlfriends that they use porn – but it's a fair bet that the average bloke's internet history contains the odd visit to Pornhub. If a realistic sexbot was developed, how many men and women would turn down the chance to at least try it out?

It's a question I put to my (male) friends in the pub. Initially, the response was massively negative. Sex with robots? It just seemed... icky. Sad. Even sadder than using porn. But after a beer or two, one suggested he might have been tempted if he was younger and less experienced. "A sexbot would be good for practising, right?" he said.

Another admitted he might use one to try out things his girlfriend wasn't into. A third confessed he'd always had a thing for girls with loads

of tattoos; none he'd met had ever felt the same way about him – but this could be his opportunity at last. However, none would admit they'd actually *buy* a sex robot – and they couldn't imagine anyone they knew buying one, either.

Would I use a sexbot? I'm a happily married man, so no. It would just feel wrong – and the more so the more realistic the robot. My wife agrees: "I'd consider it as bad as cheating. And a whole lot weirder." But would I have used one as a horny, frustrated 19-year-old? That's trickier...

Will robots replace sex workers?

"Humans have the capacity to connect to non-humans," says sexologist Dr Michelle Mars. "Think about how attached we are to our mobile phones – we hate being without them. Robot sex is absolutely inevitable."

While the idea might sound unsettling, not everyone's concerned about the implications of a sexbot-filled future – in fact, there are those who say it could actually be a *good* thing. For starters, some experts argue that sex robots could replace sex workers – so instead of women standing on street corners, sexbots could be bought by paying customers, resulting in a huge reduction in the prevalence of STDs and human trafficking.

And while many worry that the arrival of robot sex could encourage a 'slave mentality' – where users begin to treat real people like belongings – Lori is convinced it wouldn't completely destroy our empathy. "I don't think an android is going to make it more likely or easier to act in that way," she says. And, adds Michelle, "Some people still prefer the cashier to the ATM machine, so humans will never become redundant."

Even more extreme – and highly controversial – is the idea that sex robots could be used to rehabilitate sex offenders or even paedophiles (in the same way methadone is given to heroin addicts).

"Sex offenders might be less likely to reoffend if they had 'adequate' substitutes," suggests our anonymous robotics expert. But Kathleen strongly disagrees with this point of view. "By giving someone an alternative in this way, it's going to normalise the behaviour, contribute to it and make the problem worse," she says. ♦



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5

things Ryan Reynolds thinks you should know...

1 On his wife Blake Lively... "I used to say to her, 'I would take a bullet for you. I could never love anything as much as I love you.' And then the second I looked in that baby's eyes [their daughter James, born in December 2014], I knew in that exact moment if we were ever under attack, I would use my wife as a human shield to protect that baby – you can quote me."

2 On life... "When you have expectations, you are setting yourself up for disappointment. I didn't 'expect' to finish the [New York] marathon; I trained to finish it."

3 On fashion... "A nicely fitted two-button suit is the best thing any guy can have. Guys are lucky: we can wear a suit over and over, just with different shirts and ties."

4 On being a parent... "I'm just a diaper-changing facility hooked up to a life-support system, but my wife – she's breakfast, lunch and dinner. She's a human Denny's all day long... and it never ends for her. She's the most beautiful Denny's you've ever seen though, I guarantee it."

5 On working as an actor... "Man, 25 years. That's a long time! I can't believe I've done anything for 25 years – even breathing!"

• See Ryan in *Self/Less*, in cinemas 10 July



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Why 80% of couples are in LOVE LIMBO

Do you feel like your relationship's in that tricky place between the last major milestone and the next? Here's how to move things to the other side

Think about the last time you were faced with the 'What's your relationship status?' question on a form – single/married/divorced/cohabiting. There's never one for, 'Considering cohabiting but I'm not sure I'm ready yet' or, 'We've been on five dates – are we a couple?' Real life doesn't fit neatly into tick boxes. Moving in, getting married and having babies can require negotiation, conversation and compromise – on both parts.

But if this sounds like you, don't worry – it's normal to find yourself in 'love limbo', where you're in-between relationship milestones. "As many as 80% of couples are at different stages," says

'If one of you is saving for a wedding and the other a holiday, you're going to clash'

relationship coach James Preece. "More than half will find a way to make it work." But it's not a sign that your relationship (wherever it's at) is in a bad place. "No one goes through a list of what they want from life and when on their first date," says James. But you *do* have to sort things out eventually, as uncertainty can be very disconcerting – and lead to crossed wires.

"If one of you is saving for a wedding and the other a holiday, you're going to clash," says James. "You've got to know what you both want." And that comes through talking about it – but choose your moment.

"It's best not to have those conversations in bed," says



Are you looking at your relationship from different, um, perspectives?

Janice Hiller, a consultant clinical psychologist at the Tavistock Centre for Couple Relationships. "It's not the setting for difficult chats, plus they can be emotional, so you might find it hard to sleep afterwards." Broaching it by email is a big no-no too. "You can't gauge your partner's reaction," says Janice. "And it's there to refer back to forever." So how do you say sayonara to love limbo and move on to the next level?

THE 'WHAT EVEN ARE WE?' LIMBO

You've been dating a guy exclusively for three months, but you haven't had the 'are we/aren't we boyfriend/girlfriend' chat yet, and you're never sure

how to introduce him to your friends. Is it time to talk about it, or opt for the 'What do labels mean anyway' approach?

GET UNSTUCK "If you've passed the meeting-friends test, you're probably a couple," says James. According to one study, this usually happens between six and 12 dates. "No matter what people may say, labels are important, especially if you've been seeing each other for a while, so you both know you're heading in the same direction," James says. "If you don't refer to him as your boyfriend, someone else will – or they'll ask – and if neither of you is comfortable with that, it's far more embarrassing than having

the conversation beforehand." Janice suggests saying, "I'd feel uncomfortable if you were seeing somebody else. Would you tell me if you were?" to establish if you're official.



"I'd been dating a guy I met on Tinder for three months. I considered asking him if we were official but, scared of rejection, bit my tongue. Eventually, he brought it up and we agreed we were an item. It was a relief – the conversation was less of a 'thing' than I'd built it up to be." **Laura, 28, Essex**

THE 'MOVING TOO FAST' LIMBO

He's asked if you want to move in together. But what if you're not ready? "Too much too soon triggers a primal urge to run in both men and women," says relationship expert Dr Pam Spurr. "When someone's *that* keen, our intuition says they're a bit desperate – never attractive."

GET UNSTUCK According to one study, 37% of cohabiting renters said six months to a year is an appropriate length of time a couple should date before moving in together – while 18% said to wait until after marriage. "There's no need to rush," says James. "Be clear about what you want, but include your partner. Say, 'I absolutely want to move in with you but not right now. You can stay most weekends.'" Warning: if three years later you *still* don't feel ready, it might not be a good sign.



"After five years as a couple, my boyfriend and I talked about moving in together somewhere outside London. Although I was



"Fret not, Jane, the Mr Whippy van will be back tomorrow"

be a romantic place to propose. Not subtle, but it worked – he got down on one knee on a gondola on the last day!" **Emma, 29, Northamptonshire**

THE 'MAKING BABIES' LIMBO

Whether you've wanted children since you were one, aren't sure or never see yourself wanting 'minis'; this topic needs to be broached – but at different times, depending on your life stage. "You both need to be on the same page," says Pam. "When you discuss it, keep calm. If one of you is ready and the other isn't, explore the reasons – is it because of your home life, salary or career? Could you be ready once a milestone has passed? Or is it that one of you thinks being a parent will *never* be on the cards?"

GET UNSTUCK Figures from the Office for National Statistics show that fewer of us are having children. One in five women (at the end of their childbearing years) has never had a child, compared with one in nine of their mother's generation. For some people, 'never' really does mean never, and then you each need to decide whether the relationship is more important than kids. "It's one of those things that two people need to agree on 100%," Janice says. "And that's one of the toughest decisions there is."

excited, I wasn't quite ready to give up my life in the capital – so we've agreed I'll have one final summer here before taking the plunge."

Claire, 27, London

THE 'PUT A RING ON IT' LIMBO

We've spent forever fighting for equality – so why do so many of us come over all Jane Austen when it comes to marriage proposals?

According to a survey, a huge 79% of women said they wouldn't pop the question, proving we *still* believe it's the man's job. But that can lead to months, even years, of waiting – and ultimatums don't exactly scream 'romance'.

GET UNSTUCK "If you give an ultimatum – for example by telling your partner, 'If

you don't propose this year I'm out' – you have to go through with it," says James. "It might be better to drop hints by bringing up a conversation about something you'd like to do in the future if you get married." It might not feel like the world's most feminist move, but having a no-pressure chat after you both go to a mutual friend's wedding, or the next time someone gets engaged, might just be the subtle kick he needs.



"My boyfriend and I had talked about marriage – I was just waiting for him to ask. When we booked a holiday to Venice for our two-year anniversary, I started 'joking' that it'd



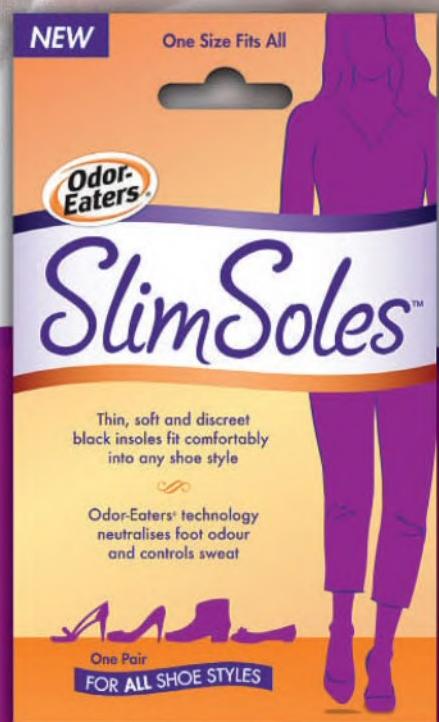
"My fiancé wasn't bothered about children, but for me it was a deal breaker. We talked about it and he decided he didn't want to lose me, so he'd be happy to have a baby. We'll start trying at the end of next year." **Amy, 30, London** ♦

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14 JULY Cosmo's first Day of Memory for the victims of honour killings

Women are being abused and murdered for bringing 'shame' on their families. We want this to stop, and we need your help...



BY SOPHIE GODDARD. PHOTOGRAPHS REX FEATURES

Every year in the UK, around a dozen people are murdered for bringing 'shame' on their families (although experts estimate the true number is much higher). Why? Simply because they want to live a normal lifestyle; one most of us take for granted – wearing jeans, using a mobile, having a career or dating who they want. One of these women was Shafila Ahmed, killed by her parents in 2003 when she was just 17, for bringing 'dishonour' on her family (by embracing a 'Western' lifestyle). They suffocated her by stuffing a plastic bag into her mouth, then dumped her body. They were later found guilty of her murder and given life sentences.

We refuse to let women like Shafila be forgotten – which is why last year *Cosmopolitan* teamed up with charity Karma Nirvana to petition the Government. With 100,000 of your signatures, we successfully campaigned for the first ever Day of Memory to be introduced, and got full cross-party support.

And this month, we're marking the first-ever Day of Memory for those victims of honour killings. Together with Karma Nirvana, we're launching a social-media campaign on the day itself – 14 July (which would have been Shafila's birthday) – to make everyone aware of Britain's lost women, and we're asking you to join us.

"We hope to make a real change by launching the Day of Memory," says Karma Nirvana founder and honour-based abuse (HBA) survivor Jasvinder Sanghera CBE. "But since the campaign began last year, there have been another 12 honour killings. People

are still being threatened and abused by their families for failing to fall into line with their beliefs. And the biggest complaint I hear from victims is a lack of support from professionals [see box]. Shafila sought help from social services and teachers, but was repeatedly sent home to her family, who took her life."

It's not just Shafila who has been let down. "When I was 16, I was forced to marry a man 12 years older than me," Yesmien, a victim of HBA, told the

Henry Jackson Society in its upcoming HBA report, *Britain's Forgotten Women: Speaking to Survivors of 'Honour' Abuse*. "Despite rumours at school, my teachers never intervened. They saw it as part of our 'culture' and none of their business – when in reality, they were failing to protect me."

In another case, a young women called Saliha said her sister had asked school staff for help escaping her violent family. But they insisted she tell her parents she was planning to leave – advice that only put her at greater risk of more abuse.

"*Cosmopolitan's* investigation clearly outlines a lack of professional awareness of HBA," says Jasvinder. "People don't want to offend communities or individuals, or be called racist, but culture is no excuse for abuse.

Training for professionals is critical. Our helpline isn't just for victims – 42% of callers are professionals dealing with situations they're unsure about. We want everybody to know that resources and guidance are available, and anybody

WHY AREN'T PEOPLE BEING HELPED?

Imagine you were assaulted on your way to work, reported it to the police and an officer told you he wasn't sure what to do – and that he'd not even heard of 'assault'. Sounds ridiculous. But every day in Britain young women are subjected to abuse – from forced marriages to emotional and physical harm – and many find it impossible to get help. *Cosmo* investigated how much teachers, nurses, doctors, police officers and social workers (ie, those responsible for identifying and safeguarding victims) know about HBA. The results were staggering.

Of the 235 professionals we spoke to, 76% told us it hadn't been covered in their training, and 64% hadn't been told what to do if they came across a potential victim. One in four didn't know HBA affects both women and men (gay men especially), and 30% didn't know HBA can happen within any religion. "I'd really like more training on this," one teacher told us. "I've never heard of HBA and didn't think it was a real issue in my profession," said another. • *For more on our findings, go to Cosmopolitan.co.uk/hba.*

WHAT YOU CAN DO

For more on our social-media campaign and to support our Day of Memory, visit [Karma Nirvana's](http://KarmaNirvana.org.uk) helpline is 0800 599 9247.

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MANTHROPOLOGY

Tomáš Berdych

The world number-four ranked tennis player joins our awareness campaign

"My best memory of Wimbledon was stepping out for my first Grand Slam final [2010]. Unfortunately it didn't go my way, but the run all the way to that was great.

"The hardest thing about dating a tennis pro is that the days are long and there's lots of travelling. Ester [Satorova, his fiancée, who's a model] and I play tennis together – she's played since she was a kid so she knows how to hit the ball.

"I didn't mind this naked photoshoot. I'm a person who thinks this is how my body is right now and I have nothing to hide – I don't even have any tattoos, because I'm afraid of needles!"

- **Testicular cancer is the most common cancer in twenty-something men, but is curable if found early. Research shows men are less likely to have health checks than women, so remind the guys in your life to check their bits regularly for lumps.**

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‘You think it’s “so *amazing*” that I’m confident in bed at my weight?’

LAURA BECK IS A SIZE 22-26 – AND HAS A *SUPER-HOT SEX LIFE*, THANKS VERY MUCH...



Recently, I was having lunch with a woman – for our purposes, let’s refer to her as Lame Former Friend (LFF) – who couldn’t stop talking about the amount of sex she and her boyfriend had the night before. We were at The Ivy, which isn’t a super-appropriate place for that chat, so I didn’t chime in with my own sextploits.

But when LFF looked at me with concern and said, “I hope your sex life is just as fulfilling,” I needed to set her straight. First of all, my sex life is *awesome*. My fiancé and I can’t stop having sex. And, second of all, you hope my sex life is ‘just as fulfilling’? I’ve been in a happy relationship for six years, which is more like three decades in millennial terms. I hope your sex life is ‘just as fulfilling’ two weeks from now. (And then I poked her to death with her own salad fork, and that’s why she’s my former friend. LOL.)

This happens often. I tell people I have a great sex life and they give me the patronising, ‘You go, girl!’ attitude. Why do people tend to reduce fat



women's prowess in the sack to some generic uplifting quote ripped off a Pinterest board?

My (adorable, slim) fiancé and I (a confident size 22-26) are more than just sexually compatible, obviously – we get along in pretty much every way possible, and being with him made me realise that settling for anything less than true, deep love is bullshit.

I wasn't always this confident. When I was younger, I thought being fat was the worst thing you could be. I took diet pills and shied away from long-term relationships because I was ashamed of my body and didn't think I deserved love until I lost weight. It sounds silly now, but it took getting with my fiancé to realise I'm a total babe.

I met him when I was almost three stone thinner and, as I gained weight (ditching the pills, getting more comfortable with myself), he never once judged me or made me feel anything less than brilliant and lovely. I remember us taking some online quiz that asked

I'm tired of dropping the truth bomb that fat women have sex lives

if you would dump your partner if they gained 4st, and he rolled his eyes like, 'Oh, come on?' He helped me understand that I'm a beautiful badass, and people struggle with that because I weigh more than the women we're taught are deserving of sex and love.

When I introduce him to people, I can almost feel their heads explode. 'Skinny man + fat woman? Does not compute!' Or they assume he's a chubby chaser, rather than a secure guy who fell in love with a woman for *who she is* and doesn't mandate weekly weigh-ins.

One woman I met at a party even asked, "So, how does *that* work?" I knew what she meant, but I wanted to make her sweat. I asked, "How does what

work? Like, when we're sorting out our bills? Or when we're picking out curtains for our house? Or...?"

When she clarified that she meant in the bedroom, I informed her that it works swimmingly. "Congratulations!" she exclaimed. Then she explained hastily, as if this was somehow a valid reason to act like I had won the lottery or cured cancer, that it was, "Awesome to see a bigger girl own her security."

Uh, thanks? Would you ever give a girl a sad, doe-eyed look and admire her for evading a pitiable sex life because she's thin? No. And I don't need people to look up to me as someone who's made it work, against all odds.

I'm tired of dropping the truth bomb that fat women have sex lives. I know, it's mind-blowing. Fat women – we're just like you! With the added bonus that our entire body feels like boobs! Some of us are basically fatter versions of Samantha from *Sex And The City*; dangling from sex swings while banging an entire investment firm worth of fellas, and some of us have sex only under sheets on leap years while using seven condoms.

But most of us, like most non-fat women, fall somewhere in-between.

We enjoy sex, relationships and being in love with someone who makes us feel like a million dollars, in *and* out of the sack.

As for the actual mechanics of sex... yes, fat women *can* be on top without crushing our partners. No, we *don't* get out of breath 10 seconds in. Yes, some positions do need to be modified depending on weight, but it's not the end of the world and it's not any different than it is for short people or tall people, say.

Sex – strike that, *good sex* – is always dependent on great communication between partners and figuring out your likes and dislikes. That's the same with fat-sex positions. Is your partner fat? Well, that might mean certain positions are off-limits. But it also means that certain positions are extra-exciting. That's just science, baby!

Point being, I'm a fat woman who has lots of amazing sex, and I don't need you to pat me on the head or throw me a parade. I just need you to get out of my way so I can go hang out with my hot fiancé and have *more* amazing sex. ♦

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Enough with the TIME SHAMING!

Want to spend the weekend lounging in your PJs – and doing nothing else? It's time to stop feeling guilty about downtime, says Sarah Wexler

One Sunday last summer, after a week filled with deadlines and nights consumed by hosting a visiting friend, I reclaimed my sofa, stayed in my PJs, ordered a takeaway and watched a *Come Dine With Me* marathon. That night, I met two friends who promptly burst my happy, relaxed bubble.

"You stayed inside *all day*? It was beautiful out!" said one friend, who'd just run a half marathon. "Aren't you anxious about starting the week unprepared?" asked the other, who'd used her Sunday to grocery shop, clean her house, walk the dog and get a manicure. Suddenly, my day of relaxation felt like a day of sloth.

It was a classic case of time shaming. We put so much pressure on ourselves to go, go, go, that a duvet day feels disgraceful, especially when we see others blasting through life, not a minute wasted. And you don't have to be shamed in person to feel it. On a typical day, my Instagram feed is a stream of friends touring museums, logging workouts or making the perfect meal.

According to one US study, women are actually more stressed at home than they are at work, even if they don't have kids. I get it. It's during our nights and weekends that life's never-ending to-do list looms large. If/when we don't complete it, the guilt sets in.

That oft-Pinned quote, 'You have the same number of hours in a day as Beyoncé' is cute and all, but really it's

just a form of personal time shaming. Sure, we have the same hours as Bey. But do *you* have a chef, driver, stylist, nanny and glam squad?

"Women, more than men, are conditioned to feel guilty for not being productive," says psychology professor Susan Whitbourne. "Or that when we're doing one thing, we should be doing another. It's a very draining mindset." Susan points out that when a woman constantly hops from one task to the next, "It can be a sign – if she can't sit and do nothing – that she might not be comfortable with herself. Checking things off her to-do list is a way to run from herself."

As long as you're a generally productive person, it's good for you to take a break. "Sometimes people have the greatest insights when they're doing nothing," says Susan. Translation: your lazy days (and Beyoncé's too, for that matter) contribute to your future successes.

"Some people need more downtime than others, but it's extremely important for *everyone* to self-soothe and take a mental break," adds Susan. No, you're not falling

behind, you're taking care of yourself. The next time you feel like you don't measure up because you binged on *Made In Chelsea* while your friend powered through this year's entire Man Booker shortlist, try Susan's advice: "Self-esteem often comes from meeting your goals, so occasionally make sure your to-do list only has one item: do nothing."

We're conditioned to feel guilty for not being productive'



JUMP- START YOUR

CREA

Even the best of us get stuck in a new-idea black hole sometimes.

Raise your hand if, on 1 January, you resolved to finally get your dream project off the ground – that jewellery range, blog, book idea, or maybe all of the above. But life gets in the way, and a few weeks later your amazing idea is sitting there... festering. Don't worry, it happens to the most successful women too. Here, 14 of them reveal how they reignite that elusive spark. Even if you're not working on a new project, use their advice to bring fresh thinking to your daily life.

JODI PICOUlt
**SUNDAY TIMES
BEST-SELLING
AUTHOR OF MY
SISTER'S KEEPER**

"Every morning when I sit down to write, I pull up whatever I wrote yesterday and read through it, engaging myself as a reader and getting into the story. When I run out of words to read, I'm pumped and ready to write some more."

**TRISH
McEVoy**
**FOUNDER OF
TRISH McEVoy
BEAUTY**

"I am always all eyes and ears, soaking up ideas from friends' homes, museums, the beach and the park. I learn from observing women of all lifestyles – seeing what gives them confidence and hearing their concerns."

**SHARMADEAN
REID**
**FOUNDER OF
WAH NAILS**

"I always read interviews with inspiring women. Martha Stewart and Oprah are my two favourites – they're so bad-boy! Especially Martha."

**MINDY
WEISS**
**CELEBRITY
WEDDING AND
EVENT PLANNER
FOR STARS SUCH
AS FERGIE AND
JOSH DUHAMEL,
AND ELLEN
DeGENERES
AND PORTIA
de ROSSI**

"I'm obsessed with decor magazines. I literally take two hours on Sundays to pull out pages of paint colours, furniture ideas, floral containers and fabric patterns. I also regularly conduct round-table discussions in my office, where my staff and I talk about ideas we would love to try. Everyone sees things differently and is inspired by unique items that others of us may never have noticed."

**TAYLOR
SWIFT**
**SINGER/
SONGWRITER**

"After hearing *You're So Vain* by Carly Simon, it was like a key had just unlocked this forbidden area of storytelling for me. You can say exactly what you feel, even if it's bitter and brazen!"



**NIGELLA
LAWSON**
**CHEF AND
AUTHOR OF
*NIGELLISSIMA***

"I cook in a cluttered, companionable and open-plan kitchen, but I write in what's known as my cell; an all-white, undecorated, windowless cupboard of a room. It may be a tiny space, but it gives me room to think and the necessary isolation to write. It's like a creative pause, away from the noise of the rest of my life."



**CARLY RAE
JEPSEN**
**SINGER/
SONGWRITER**

"Songwriting for me is all about listening to people talk. I have a fascination with love stories, and luckily everyone's got one – you just need to ask and listen."



WORK IT!

TOP TWENTY

Here's what the most creative women in the world do to recharge...

COMPILED BY DEB BAER AND SOPHIE GODDARD; PHOTOGRAPHS GETTY, JAMES BOWDEN

CHARLOTTE RONSON FASHION DESIGNER

"When I create a new collection, I do a cleanse of my design area and start with a fresh slate. I visit galleries, see shows and concerts, relax with friends, travel, read a good book along the way to get the inspirations and ideas flowing again. It's important to stop and breathe and make time for yourself, even if it's only for a short period."



ELLIE GOULDING SINGER/SONGWRITER

"I take inspiration from everything around me, also relationships and friends. And the inside of my crazy head."



KELLY CUTRONE JUDGE ON *AMERICA'S NEXT TOP MODEL* AND OWNER OF *PEOPLE'S REVOLUTION PR*

"At my office, we have mandatory 'creative days' when staff can go off and do inspiring things, such as watch people play chess in New York's Washington Square Park."



CHARLI XCX SINGER/SONGWRITER

"I get inspiration from artists such as Kate Bush, Björk and Shakespear's Sister. But I'm also really inspired by photographers such as Pierre et Gilles. They inspired my video for *You're The One* - I wanted to create this heavenly, luscious landscape, which is what I feel that song sounds like... And also David LaChapelle - I sometimes look at his work before I write lyrics."



KAY CANNON SCREENWRITER (*PITCH PERFECT*) AND TV PRODUCER (*30 ROCK*; *NEW GIRL*)

"I think writing is incredibly hard, and I can't think of one day when I've looked forward to doing it. So, as positive reinforcement, I turn my TV on to the Bravo channel and hit pause. Then I write for however long it takes for the TV to un-pause automatically. It's then that I give myself the gift of watching whatever horribly fantastic reality show is on. It's usually a *Real Housewives* marathon."



MOLLY McALEE CO-FOUNDER OF WEBSITE HELLOGIGGLES AND WRITER ON *2 BROKE GIRLS*

"When I'm handed an assignment, I convince myself I'm incapable and unworthy. So I've set up rituals to keep from going to that bad place. I meditate, then set an intention to enjoy writing. It's all mind tricks, but it's changed my life."



ELLA EYRE SINGER/SONGWRITER

"I don't stick to any set way of working because I think it restricts me creatively. But when something is really bothering me, I sit on my laptop and type as much as I can. Then, when I've gotten over that phase, I'll read back over the words I've written and take key things from them. I've got countless notes in every single device I have, so I'm never short of options." ♦





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TONI&GUY

CREATE YOUR **LOOK** FROM THE **HAIR** DOWN

Solange wears **Perfect Tease Dry Shampoo** for sophisticated shape and soft definition

AVAILABLE IN A
STORE NEAR YOU

Whether or not you feel ready to have kids, half of all *Cosmo* readers worry about juggling motherhood and career. So we asked, why there is a growing trend in young women choosing to become stay-at-home mums?



'I DON'T TRUST ANYONE ELSE TO RAISE MY SON,'
SAYS DILYS MOONCIE,

22, FROM BRIGHTON

Until a year ago, I worked in retail, with plans to train as a tattoo artist. I thought I'd return to work after having my son, now one, but that was before I found out how much work parenting *really* is. As a mum, I'm on call all day, every day – I don't get any holiday or time off if I'm ill. We're the ones spending our days in soft-play centres, having our hair pulled, being screamed at – we're *raising children*.

My partner Luke works for British Airways and, after we discussed how to make it work financially, I handed in my notice when my maternity leave came to an end after eight months. Some people misjudge how challenging raising a child can be. Women like me don't lounge around drinking coffee with our mates, or spend our partners' hard-earned wages on handbags. Making money last through the month involves a lot of budgeting, and we're also teachers, nurses, cleaners and cooks. Society needs to be more accepting of women making empowered choices by staying home.

Life is very different – I can't afford to go out with friends as often. But nobody can raise my little boy better than I can. Putting my time into helping our son become the best person he can be is so rewarding – I've never had any regrets.



'I BELIEVE IN TRADITIONAL GENDER ROLES,'
SAYS CHRISTINA PETTICAN, 24, FROM CARDIFF

Before becoming a mother, I worked full-time in catering and attended college in the evenings – I was studying biology and planned to study dentistry, which would give me a great career. I'd even said I didn't want children – seeing them misbehaving in the street I thought, 'This isn't for me.' But when my nephew was born, my perspective changed. Something shifted inside me in a way I never expected. I was smitten and became pregnant a week later.

Seven months into my pregnancy, I told my partner I wanted to be a stay-at-home mother. I believe in wage

equality, but I'm also a firm believer in traditional gender roles, where women stay at home to look after their children; I can't understand why you'd want to pay extortionate prices for childcare when you can do a better job yourself.

Although it was a risky time for us financially – my partner had only just set up his IT management business – I knew we'd make it work. Recently I've started earning a little money of my own by showing other women how they can work from home too.

I used to assume that stay-at-home mums had an easier life than women who work full-time. But since becoming a parent I've discovered it's 24/7. I don't feel I've lost out by choosing to stay home – raising a baby is the best job there is.



'NEITHER OF US FELT READY TO LEAVE ONE ANOTHER,' SAYS JO WATTS, 33, FROM OXFORD

I spent 10 years climbing up the career ladder to reach my dream job, as deputy picture editor of a magazine. I loved my team and working on celebrity photo shoots, with top stylists and makeup artists. My industry is fast-paced, so I felt pressure to return soon after having my son Elliot, now three. I always thought I would, until it came to the crunch. My gut told me it just wasn't the right choice. We're extremely lucky to be able to manage on my husband Steve's marketing salary, but it was a good while before I was comfortable about it. I saw it as asking Steve for his money, but he views it the opposite way – I'm raising our child and he feels thankful. In fact, although he'd have supported me either way, when I decided to leave work he was thrilled, as he's very traditional.

I mourned my job for almost a year afterwards – especially the social aspect. If I was asked what I did for a living I'd find myself lying, thinking people would respect me more.

It took a long time to feel proud that I sacrificed my job to raise a child, but I like myself a lot more now. I've ditched the commuter rage, and if I'm tired it's for a good reason, not because I've been stressing over work. My advice would be to do and experience as much as possible before starting a family. It's nice knowing I was successful before having a baby.



'IT MADE NO FINANCIAL SENSE TO RETURN TO WORK,' SAYS RACHEL MOSS-JONES, 28, FROM RHONDDA

I've always felt the need to earn my own money, so I was all set to go back to my job with the local council after my son Harry (now 11 months) was born, but I didn't realise how much childcare would cost – around £800 a month. I discovered my wages would be wiped out – it made no financial sense to return.

After discussing it with my husband Paul, we agreed it would be best for me to stay at home. But if the roles were reversed and I earned as much as my husband does, he could be the one raising our child. It's a huge thing to give up your job – having to rely on a partner financially is daunting. I inherited some

68% of women say the main reason for returning to work after a baby is financial

money last year, so I'm able to pay my own phone bill and our council tax, but Paul pays all other bills and we've cut down on treats – no more gigs at the weekend.

Being a stay-at-home mum doesn't mean losing your independence. There's definitely a stigma attached to it, when it should be seen as women trying to do the best for their children. It's scary, but I feel good about my choice – it's the right thing to do. ▶

WORK IT!



**DO WHAT FEELS
RIGHT FOR YOU**
**SAYS COSMO EDITOR-IN-
CHIEF LOUISE COURT**

Deciding what to do after having a baby is one of the biggest feminist issues of our age. When you become a mum, people who don't know you – and certainly don't care for you – suddenly have a massive opinion on what you do. They seem to think they're entitled to criticise you for going back to work or staying at home. The important thing to remember is it is none of their business.

You make a decision based on what is right for you and your family.

It might not be your perfect solution; it may be the best one you can come up with given your circumstances at that particular time. And it's different for everyone depending on the cost of childcare, family support and what you need as a woman to make you happy. Some smart girls I know achieved firsts at uni but can't wait to

**'It's one of
the biggest
feminist
issues of
our age'**

give it all up and be a full-time mums; others desperately want kids but also don't want to give up the career they've worked so hard for.

There is no right or wrong answer – and don't believe anybody, however well meaning they may be, who tells you there is. My mum (who gave up work when she had children) worried how I would combine a

full-on, full-time job involving a commute with being a fully immersed equally full-on mother. I did, with the support of my kids' dad, my parents and brilliant childcare. I get that it wouldn't be for everyone, but I resent

anyone being shamed for working full-time in the same way I support any woman who chooses *not* to.

**HAVE YOU CHOSEN TO STAY AT HOME
AFTER BECOMING A MUM? WOULD YOU
NEVER LET A CHILD STOP YOU PURSUING
YOUR CAREER? TELL US WHY AT COSMO.
MAIL@HEARST.CO.UK**

Peek in the purse of... **JULIA STILES**



"I like to be light on my feet and hate carrying things around, but I make an exception for my wallet, which is kind of large. It was given to me by the wife of Jon Avnet, who produces my new series *Blue*, and I love its Moroccan design."

"I throw all my receipts away because I hate hoarding. I'm a

minimalist – I love throwing things out! But I do carry my cash card, driver's licence, health-insurance card and some business cards (that I don't actually remember getting...). I've also got a loyalty card for a nail salon: buy nine manicures and get the 10th free!"

"I hardly carry any change, because

whenever I come home with some I put it in a coffee can and save it. I prefer spending money on experiences, such as travel, dinner or a massage. I'm quite sensible with my other purchases – I'd rather spend money on one really well-made piece of clothing or accessory, because I know it will last."



**Karen Brady
SORTS YOUR
LIFE OUT**

**Cosmo's resident superwoman
solves your work dilemmas**



I've just started working at a tech start-up company. My role is a bit vague and my boss is still working out what everyone is doing. He talks over me and doesn't take anyone else's ideas on board. How can I communicate better with him? *Tasha, 23, Essex*

KAREN SAYS The truth about many bosses is that you can't live with them, but you certainly can't live without them. When you're part of a start-up, things can be vague, and an entrepreneur is someone who learns on the job. Sometimes the vagueness of a role is a great opportunity to get involved in more than just what your job description is. But firstly, you'll need to sit down with your boss and find out what the objective of the company is and how you can help achieve the best possible result.

It sounds like the big problem here is communication, and that's often a trait you get with people who aren't used to working for, or with, other people. Most entrepreneurs are so passionate about their business that they'd love to do every role themselves – but that's not possible. Remember, your boss has given you a job because he thinks you can do it, so be clear, find out the bigger picture and keep communicating.

HAVE YOU GOT A WORK DILEMMA?

*Tweet us
@CosmopolitanUK using #KB,
or email
questionforkarren@hearst.co.uk*



Instaglam

FASHION SAIREY STEMP. PHOTOGRAPH TONY KELLY. HAIR JONOTHON MALONE AT LOVELY MANAGEMENT, USING CLOUD NINE. MAKEUP LAUREN GRIFFIN AT LOVELY MANAGEMENT, USING GUERLAIN. MODEL LAURA MAYERHOFER AT FM MODELS. FASHION ASSISTANT KATIE SAXON

Get your specs on and dive into our fab fashion pages. We've found *the best denim*, including your ultimate flares, and show you how to wear a crop top in style.

Plus, shoes and bags to add va-va-voom to your day.

Dress, £125, Next. Glasses, £240 each, both Harry Lary's. Earrings, £19.90, Lolaandgrace

AUGUST
Fashion & Beauty

BRIGHT YOUNG THINGS

THIS SUMMER IS ALL ABOUT INDIVIDUAL STYLE...

FASHION SHELLY VELLA PHOTOGRAPHS WILLIAM GARRETT



FROM LEFT Fan wears: Top, £195; striped skirt, £215; white skirt, £395; shoes, £115, all DKNY. George wears: Shirt, £120; jeans, £65, both DKNY. Jade wears: Jacket, £395; top, £235; skirt, £240; trainers, £105, all DKNY. Jess wears: Top, £183; skirt, £240, both DKNY. Shoes, £59.99, H&M. Fifi wears: Dress, £410, DKNY. Shoes, £225, Karen Millen. Magda wears: Dress, £410; trainers, £165, both Pony x DKNY. Sarah wears: Jumper, £205; skirt, £229; shoes, £115, all DKNY. Amara wears: Shirt, £17.99, New Look. Jeans, £65, DKNY. Trainers, £65, Adidas at Schuh





FROM LEFT Jade wears: Dress, £505, Essentiel. Shoes, £59.99, H&M. Fan wears: Dress, £215, Michael Michael Kors. Shoes, £595, Christian Louboutin. Lisa-Marie wears: Dress, £45, River Island. Shoes, £140, Carvela at Kurt Geiger. Magda wears: Jumper, £400, Custommade. Dress, £38, River Island. Shoes, £685, Gina. Karmi wears: Dress, £45, River Island. Shoes, £120, Carvela at Kurt Geiger. Fifi wears: T-shirt, £45, American Vintage. Skirt, £159, Essentiel. Shoes, £140, Senso. Sarah wears: Top, £135; skirt, £149, both Essentiel. Shoes (just seen), £55, Aldo. Mania wears: Dress, £165, Coast ➤



A photograph of three women posing against a white wall covered in red and black graffiti. The woman on the left has blonde hair and is wearing a blue and white striped dress with a white belt. The woman in the center has curly brown hair and is wearing a red and white striped dress. The woman on the right has dark hair and is wearing a green and white striped dress. They are all wearing strappy sandals.

FROM LEFT Iskra wears: Dress, £250, Karen Millen. Shoes (just seen), £22.99, New Look, Mania wears: Dress, £250; shoes, £225, both Karen Millen. Karmi wears: Dress, £250, Karen Millen. Shoes, £27.99, New Look



Lisa-Marie (left) wears:
Body, £24.99, H&M.
Trousers, £38, Dorothy
Perkins. Shoes, £220,
Kurt Geiger. Bag, £925,
Christian Louboutin.
Fan (right) wears: Vest,
£39.99; trousers, £29.99,
both H&M. Shoes, £270,
Kurt Geiger. Bag, £925,
Christian Louboutin ▶





FROM LEFT Lisa-Marie wears: Dress, £160, Coast. Shoes, £60, Aldo. Magda wears: Shirt, £65; skirt, £95, both Coast. Fan wears: Coat, £282.60, Terra New York. Dress, £180, Topshop. Mania wears: Dress, £95, Asos Curve. Shoes, £225, Karen Millen. Clutch, £245, Lulu Guinness. Fifi wears: Dress, £175, Essentiel. Shoes, £540, Giuseppe Zanotti. Bag (just seen), £1,345, Christian Louboutin. Karmi wears: Top, £535, Kate Spade New York. Jeans, £270, Paige Denim at Selfridges. Shoes, £75, Aldo at House Of Fraser. Sarah wears: Jacket, £295, Antipodium. Dress, £120, Asos. Jade wears: Top, £135, Essentiel. Skirt, £25, Monki. Shoes, £565, Christian Louboutin >



FROM LEFT Fifi wears: Dress, £95, Asos. Shoes, £675, Christian Louboutin. Amara wears: Shirt, £78, All Saints. Jeans, £30, Topman. Trainers, £65, Adidas at Schuh. Jess wears: Dress, £260, Self-Portrait. Shoes, £565, Christian Louboutin. Clutch, £245, Lulu Guinness. Mania wears: Top, £65; skirt, £125, both Coast. Shoes, £595, Christian Louboutin. Fan wears: Top, £48; skirt, £38, both Topshop. Shoes, £425, Jimmy Choo. Clutch, £155, Rebecca Minkoff. Jade wears: Dress, £95, Asos. Shoes, £48, Schuh. Karmi wears: Top, £25, River Island. Skirt, £39.50, Limited Edition at Marks & Spencer. Shoes, £45; clutch, £18, both Asos. Sarah wears: Dress, £250, Self-Portrait. Shoes, £45, Faith at Debenhams. Clutch, £675, Lulu Guinness. Iskra wears: Dress, £65, Asos Curve. Shoes, £575, Christian Louboutin. Magda



wears: Dress, £150, Topshop. Shoes, £705, Gina. Clutch, £245, Lulu Guinness. Lisa-Marie wears: Dress, £260, Self-Portrait. Shoes, £495, Christian Louboutin. George wears: Shirt, £28, River Island. Jeans, £122, Blk Dnm. Shoes, £115, Underground.

Hair Jonothan Malone at Lovely Management, using Aveda. Hair Assistant Danny Defreitas. Makeup Kenneth Soh at Frank Agency, using Nars cosmetics and L'Occitane skincare. Makeup Assistant Rebecca McMahon. Graffiti artwork Matt Thomas: Ders, Instagram @ders_one. Junior Fashion Editor Holly Coopey. Fashion Assistants Phoebe Roche and Chrissi Smith



STOP TRAFFIC IN A MATCHY-MATCHY CRIMSON COAT, SKIRT, BAG AND HEELS. FULL-ON COLOUR MAKES A STYLISH STATEMENT

Coat, £729; blouse, £319; skirt, £429, all Mantù at Joseph. Shoes, £250, Kurt Geiger. Sunglasses, £117, Michael Kors. Bag, £315, Longchamp. Earrings, £34.90, Lolaandgrace. Watch, £169, Triwa ▶

mappsy

DRESSER

There's plenty more to workwear

than the humble suit. Get ahead

and make an impression with

these bright new work-smart looks

FASHION SAIREY STEMP PHOTOGRAPHS TONY KELLY





**NEVER MIND THE HEADLINES,
YOU'LL ATTRACT PLENTY OF
ATTENTION IN A STRIKING
SHOCKING-PINK COCOON DRESS**

Dress, £99.50, Banana Republic.
Shoes, £425, Christian Louboutin.
Sunglasses, £230, Hyde's. Bag, £1,495,
Anya Hindmarch. Earrings, £29.90,
Lolaandgrace. Bracelet, £85, Lola Rose

**CATCHING UP ON THE FTSE?
A SHARP PINSTRIPE BLAZER
IN LADYLIKE PINK AND NAVY
LOOKS TOP NOTCH. JUST
ADD POWER ACCESSORIES**

Jacket, £189; blouse, £98.50,
both Jack Wills. Sunglasses,
£240, Emmanuelle Khanh at
Fenwick. Bag, £325, Coach.
Earrings, £29.90, Lolaandgrace.
Watch, £179, Daniel Wellington >





*IT'S THE COMBINATION OF THE
SEASON, SO GET READY FOR
THE SLEEVELESS LONG-LINE
JACKET WITH CULOTTES. IT'S
SUPER-FLATTERING TEAMED
WITH KILLER HEELS*

Jacket, £320; culottes, £280, both Elizabeth And James. Blouse, £120, Jigsaw. Shoes, £425, Christian Louboutin. Earrings, £49, Swarovski



**BIKE YOUR WAY TO
SUCCESS IN THE CITY IN A
MATCHING JACQUARD-PRINT
COAT, SKIRT AND TOTE BAG**

Jacket, £605; skirt, £235; shoes,
£315; bag, £315, all Paul &
Shirt, £80, Supertrash. Hat,
£65, Christys' Hats. Earrings,
£19.90, Lolaandgrace >

**CHAMPIONING THE KNIFE-
PLEAT A-LINE SKIRT – A SASSY
ALTERNATIVE TO THE CLASSIC
PENCIL. WEAR WITH A VERY
BRITISH PUSSY-BOW BLOUSE**

Blouse, £390, Mantù at Joseph.
Skirt, £265, Rebecca Taylor. Shoes,
£270, Kurt Geiger. Bag, £229, Radley.
Earrings, £29.90, Lolaandgrace





**GO-FASTER STRIPES
ON TAILORED
TROUSERS REALLY
MEAN BUSINESS**

Blouse, £239; trousers, £289; shoes, £319, all Raoul at Harrods. Sunglasses, £230, Hyde's. Bag, £635, Kenzo at Monnier Frères. Earrings (as part of set with necklace), £99; watch, £249, all Swarovski

Hair Jonothon Malone at Lovely Management, using Cloud Nine. Makeup Lauren Griffin at Lovely Management, using Guerlain. Model Laura Mayerhofer at FM Models. Fashion Assistant Katie Saxon.

With thanks to Ashleigh Silverman and The Mondrian Hotel at Sea Containers, Morganshotel group.com/mondrian/mondrian-london. Special thanks to The London Bicycle Tour Company, Londonbicycle.com, and our extras: Tim Foder, Ellis Charles, Bleu Wright and Jake Ellis Price (skateboarders); Shanni Su and the newlyweds; Alhaji Kabba (construction worker).

Working IT

Get smart, look sharp and impress your colleagues with new-season office treats. Grab yourself a hot handbag and slip on some shiny shoes...

DYNAMIC TOTE BAGS



£199, Modalu



£195, RI2K



£125, Matt & Natt



£1,600, Mulberry



£395, Lulu Guinness



£80, Paul's Boutique



£345, LK Bennett

THE NEW WORK BAGS

COMPACT MINI BAGS



£85, RI2K



£685, Pierre Hardy at Monnier Frères



£195, Michael Kors

CROSS-BODY STYLES ARE IDEAL FOR COMMUTING, KEEPING YOUR THINGS SAFE AND CLOSE TO HAND



£425, Coach



£159, Radley



£65, Marios Schwab

SMART, PRACTICAL AND BIG ENOUGH FOR ALL YOUR DAY-TO-DAY ESSENTIALS, THE TOTE BAG IS THE ULTIMATE OFFICEWEAR SOLUTION

THE SLEEK POWER SHOES



£125, GH Bass & Co



£85, Melissa x Karl Lagerfeld



£55, Schuh



£215, Russell & Bromley

£425, Rupert Sanderson



£65, Schuh

FLATS FOR FAST WORKERS



£185, LK Bennett



£169, Hobbs



£140, H Shoes

CLASSIC LEATHER LOAFERS OR LACE-UPS WILL WORK WITH SKIRTS, TROUSER SUITS AND THIS SEASON'S CULOTTES



HEELS FOR HIGH CLIMBERS

PATENT COURT SHOES WILL ALWAYS BE A GO-TO FOR WORK. SWAP FOR PASTEL OPEN-TOE SANDALS WHEN THE TEMPERATURE RISES



£14, Boohoo



£170, LK Bennett



£85, Dune

£80, Aldo

Global traveller

Step this way to discover your chic new summer wardrobe of exotic embellishments and super-luxe fabrics

T-shirt, £10
(available from 13 July);
trousers, £18
(available from 12 July); sandals,
£10; gold bracelet, £3;
silver bangles, £6 for set;
beaded cuff, £6

Find your fashion inspo

Want a new look for summer that won't drain your holiday budget? For style tips, advice and all the hottest new buys from George at Asda, check out [George.com](#)

George
Exclusively at ASDA

#FASHION UNEXPECTED

The edit

DENIM
DENIM
DENIM!

Explore new-season styles, including retro skirts, overalls and funky flares. Not forgetting classic skinnies



Jacket, £79.50,
Jack Wills



Dress,
£95,
Hilfiger
Denim



Jeans, £195,
Mother Denim
at Fleur B



Jeans,
£30, Asos



Dungarees,
£176, Wildfox



Dress,
£360, NLST
at Trilogy

Utility

Be practical in cargo pants,
shirts and dungarees



Jeans, £225,
Carin Wester at
Urban Outfitters



Jeans, £79,
Twist & Tango



Shorts,
£230,
J Brand



Jumpsuit, £65,
DKNY Jeans



Dungarees,
£40,
Simply Be



Jeans, £85,
Timberland



Dungarees,
£49, Miss
Selfridge



Patchwork and distressed

Rough and ready, these are your go-to weekend jeans





The skinny

Never out of style, here's our pick of the best





£38, River Island



£38, Debenhams



£199, Tiger
Of Sweden



£80, Levi's



£130,
Supertrash



£20,
George



£230,
Current/
Elliott



£34.99,
Mango



£28,
Simply Be



£24.99,
New Look



£258, J Crew



£99,
Mint
Velvet



£38,
Debenhams



£54.99,
Gap



£340,
Frame Denim
at Oxygen
Boutique



£110, Hilfiger
Denim



£210,
Paige at Trilogy



£259,
Mother
Denim



£39.99, H&M



£60,
Waven



£105, Izzue



£65,
DKNY Jeans ↗

The jacket

*Perfect for those cool late-
summer days – always a classic*



The flare

From kick flares to a wide-leg cut, try these on-trend alternatives to skinnies





Skirt, £28,
Asos



Jeans, £95,
Topshop
Unique



Dress, £35,
M&Co



Dress, £60,
Mod Dolly



Shirt, £75,
Comptoir des
Cotonniers



Jacket, £65,
Topshop



Skirt,
£19.99,
New Look



Dungarees,
£100, Madewell
at Net-A-Porter



Skirt, £45, RJR.
John Rocha at
Debenhams



Shirt, £38,
All Saints



Jacket, £69,
Star by Julien
Macdonald



Playsuit,
£75, Pepe
Jeans



Shirt,
£16.75,
Forever
21



Shirt, £210,
Current/Elliott
at Very Exclusive



Skirt, £76,
Eleven Paris



Skirt,
£29.99,
H&M



Culottes,
£19.75,
Forever 21



Shirt,
£85,
Izzue



Dress, £28,
Dorothy Perkins



Skirt, £19.99,
Bershka



Top, £30,
Urban
Renewal
at Urban
Outfitters



Skirt,
£38,
Topshop



Dungarees,
£48, Asos

How every woman can wear...

Three bloggers – with three very different body shapes – prove that you should never believe a look can't work for you

MEET THE BLOGGERS



♥ Louise O'Reilly writes Style Me Curvy and is an expert at dressing her curves. @StyleMeCurvy



♥ Marsha Campbell of Style Of A London Tall Girl is 6ft and fashion obsessed. @londontallgirl



♥ Petite fashion blogger Monica Barbosa gives smaller girls big style tips on Moth Loves. @MonicaBarbosa87

...the full skirt

Louise says: "Full skirts can be tricky to style, but all three of us loved this Very one. It ticks all the boxes from shape to texture, with white polka dots. Nailing the length and finding a flattering skinny waistband is key."

TALL

♥ Marsha opts for a casual look by adding a long-line jacket from Hobbs.

♥ **Keep the look simple with a plain T-shirt.**

♥ Mules are a noteworthy shoe trend this season – if you don't want to go for a major heel, their smaller block ones don't add too much height. These navy Marks & Spencer mules complement Marsha's look effortlessly.

PETITE

♥ Monica wears a lace crop top from Vera & Lucy – a hint of midriff on a petite frame elongates the body.

♥ **Not a crop top fan? Try a fitted sleeveless body with a plunge neckline to give yourself shape.**

♥ Keep heels neutral to achieve a streamlined look – making you look taller.



CURVY

♥ For curvy frames, a fitted top half is essential when wearing a full skirt. This bold blue crop top from Collection at Evans is ideal for fuller busts. It hugs your top half perfectly to give the impression of hourglass curves.

♥ **Give a girly look a fashionable edge with this H&M shell-finish biker jacket.**

♥ Bold blue heels are a catwalk favourite this season. These beauties from River Island give an extra kick of colour.

MARSHA Coat, £169, Hobbs. Shoes, £39, Marks & Spencer. Sunglasses, £120, Kite. Bag, £150, LK Bennett. T-shirt, Marsha's own **MONICA** Top, £20, Vera & Lucy. Shoes, £14, Primark. Bag, £26, Topshop **LOUISE** Jacket, £29.99, H&M. Top, £25, Collection at Evans. Shoes, £50, River Island. Bag, £5, Primark

♥ Skirt, £35, Fearne Cotton at Very (sizes 8-20)



...culottes

Louise says: "These Next culottes are beautifully tailored and have an elasticated waistband, meaning you can decide where YOU want them to sit on your body. Culottes may be fashion Marmite, but opting for black means they can be worn with pretty much everything. We all went for a monochrome look here – two trends ticked at once!"

TALL

- ♥ Marsha's striped long-line tailored jacket looks great with culottes and gives a beautiful streamlined look to a tall frame.
- ♥ While stripes can throw shapes out of proportion, this horizontal choice from Mango has a slimming effect and the belt emphasises the waist. Think structure and tailoring.
- ♥ Flats don't have to be boring. We love these from Next.



PETITE

- ♥ Tailoring is key for this trend. These incredibly comfortable culottes are also available for petites, which Monica wears here.

- ♥ By adding this floaty white chiffon top from Zara, you create a versatile dress-me-up, dress-me-down look.

- ♥ Avoid dark heels to keep your legs looking long and lean. Try this silver pair from River Island.

CURVY

- ♥ A simple black top from Dorothy Perkins gives the illusion of a jumpsuit, which instantly creates a longer, leaner-looking torso.

- ♥ For a bohemian feel, this jacket from Miss Selfridge sits perfectly above hip height, creating balance for a variety of body shapes, from apples and pears to diamond frames.

- ♥ Add a pop of colour with these Primark coral courts.



Culottes,
£36, Next
(sizes 6-26
and petite)

MONICA Top, £29.99, Zara.
Shoes, £50, River Island. Bag,
£20, Primark Limited Edition
MARSHA Jacket, £59.99,
Mango. Shoes, £45, Next.
Sunglasses, £135, Ray-Ban.
Bag, Marsha's own **LOUISE**
Jacket, £30, Miss Selfridge.
Top, £12, Dorothy Perkins.
Shoes, £14, Primark. Bag,
£22, Oasis. Hat, Louise's own

...the long sleeveless jacket

Louise says: "With the combination of sharp, classic tailoring and options for those with petite frames, this longer-length sleeveless khaki jacket from New Look looks fantastic on a variety of body shapes."

Jacket,
£29.99,
New Look
(sizes 6-18)



PETITE

• Monica opts for some Kim K inspiration with these Missguided coordinates. Even when wearing petite collections, a long-length duster can consume smaller frames, so it's important to pair your look with shorter pieces.
• Keep heels high but minimalist with a simple ankle strap, like this style from New Look.

CURVY

• Team loose long lines with fitted pieces. This wrap dress from Oasis is super-flattering.
• Keep accessories simple with a necklace, like this one from Dorothy Perkins, and some layered bracelets.
• TIP For petites and girls with curves, stick to pieces that sit above the knee. Working long-line styles is all about playing with contrasting layers.

TALL

• This style of jacket creates an instantly polished look. Marsha has gone for one key colour with wide-leg trousers and a matching khaki top from Marks & Spencer.
• Break up the leg length with colour-popping kitten heels. To add some contrast, opt for berry-toned accessories.
• Embrace your height with a super-chic berry fedora.
• Wide-leg trousers are the tall girl's best friend as they create a structured silhouette.

PS
THESE JACKETS
ARE ALSO GENIUS

£19.99,
New Look
Plus (sizes
18-28)

£75, Topshop
(sizes 4-16)

£24.99, New
Look Petite
(sizes 4-16)

£25, Boohoo
(sizes 6-16)

£35,
Dorothy
Perkins
(sizes
6-22) ♦

£49, Very
(sizes 8-18)

MONICA Top, £18; skirt, £15, both Missguided. Shoes, £24.99, New Look. Bag, Monica's own **MARSHA** Top, £23; trousers, £29, both Marks & Spencer. Shoes, £35, Oasis. Belt, £75; bag, £295, both LK Bennett. Hat, Marsha's own **LOUISE** Dress, £45, Oasis. Shoes, £65; bag, £32, both River Island. Necklace, £10, Dorothy Perkins



★ GO HIGH-WAISTED ★

Want to avoid exposing your torso or navel? Work a high-waisted skirt or trousers with your choice of crop. Make sure the top is cut on the loose side for a flattering fit, while avoiding a chilly midriff.



Top, £40, The Fifth Label



Culottes, £45, Marks & Spencer



Shoes, £35, Dorothy Perkins

Yes YOU CAN

... wear a crop top. It's not as tricky a trend as you may suspect. Here's how to be top of the crops



Shirt, £69, Hobbs



Skirt, £35, River Island



Jumper, £39.50, Marks & Spencer



Shoes, £22.99, New Look

★ LAYER UP ★

Layering a crisp shirt under a cropped jumper gives a work-smart outfit some added chic. Team with a pencil skirt and heels to complete the look.



Culottes, £99, Hobbs

Top, £32, Red Herring at Debenhams



Jacket, £14, George



Shoes, £25, Very

Instaglam

HOW DO I WEAR flares?

Take on the trends with a little help from #TeamCosmo



Which flare is for me?

Whatever your body shape or height, there is a style out there to suit...

FOR MOST BODY TYPES



FOR CURVY HIPS AND BOTTOMS



FOR THOSE WITH SHORTER LEGS



FOR TALL GIRLS



Best shoes for flares

Stacked heels, platforms or wedges make your legs appear longer. As flares are a '70s throwback, try some vintage-style footwear, such as clogs.

Flats don't look great with flared hems; canvas plimsoll styles are the exception.

WEARABLE PLATFORMS



COOL CLOGS



SUPER WEDGES



GREAT CASUALS



Here comes THE SUN

Warm weather, fresh air, hols...
we've teamed up with Surf to
bring you your best summer yet

Botanical beauty



If you're a fan of the natural things in life, enjoy getting lost in this nature-inspired scent. Made up of five herbal extracts - eucalyptus (its light, aromatic and antiseptic properties make it the perfect freshness booster), fresh and invigorating tea tree oil, refreshing pine, floral lavender and stimulating mint - you'll feel like you've spent a week in the great outdoors.





Sun worshipper

If you're a golden girl who likes nothing more than the feel of the sun on your skin, then you'll love the fresh, invigorating scent of this. With the aromas of Sunshine Lemons and Mandarin Flowers, it'll make you want to lounge around catching rays all day.



Tropical explorer

If you're the intrepid type with a thirst for adventure, then this is the Surf scent for you. Made up of Tropical Lily and Ylang Ylang (known as the 'perfume tree' for its calming, sweet aroma) you'll feel like you're running wild in the Indonesian Moluccas – aka the Spice Islands (where locals mix ylang ylang with coconut to cleanse hair and skin). Even if you're actually stuck at work...



SIX WAYS TO BRIGHTEN UP YOUR SUMMER

1 Walk it out on the beach. Can't afford a holiday abroad? Enjoy our great British seaside – just find your nearest sandy space, beach babes!

2 Become a festi-goer. There are dozens of awesome festivals across the UK. Turn up and tune in for some truly one-off magic moments.

3 Get on your bike. There's no feeling like cycling in the sun. You'll get fit and catch some rays! Just don't forget sunscreen and a helmet, OK?

4 Is your summer wardrobe

wardrobe but without tights? Treat yourself to a gorgeous new maxi, or cute cover-up for the beach, and put a sartorial spring in your step.

5 Drive with the roof down and feel that wind in your hair. Don't own a super-slick convertible? Why not hire one for the day? Or hit an open-top bus for some tourist fun in your own city.

6 Swim for it. When was the last time you plunged into the sea? Or a pool? Well it's time to change all that – happy splashing!

For more information on Surf with fragrance release visit Surf.co.uk



CLOSET CONFIDENTIAL

WITH

Tamara Ecclestone



THE FORMULA 1 HEIRESS,
30, SHARES SECRETS
FROM HER GLAMOROUS
LIFE BY OPENING
THE DOORS TO HER
WOW-FACTOR WARDROBE

“My wardrobe is a whole room in my house in London. I’m OCD with everything in life; I’m so controlling, and my clothes are no exception! Everything is ordered by colour and how frequently I wear it. The shoes I use the most are on the shelf closest to my eyeline – Louboutins are still my favourite heels; I love the Pigalle style. I used to wear crazy double platforms, but these days I’m always in flats, running round after my daughter Sophia [14 months].

“My mum has always been my ultimate style icon. I remember being



a kid and watching her getting ready for dinner dates with Dad. I’d sit on her bed while she put her makeup on and got dressed. I was in awe of her. I hope I’ll be the same to Sophia.

“Mum has passed down some beautiful clothes to me over the years. I often give away items to raise money for charities in Croatia where my mum was born and also through my website Tamara Gives Back. I definitely get attached to clothes, but if my house was burning down I’d rather grab photographs. I’m obsessed with them, especially ones of Sophia. The walls of the house are covered!”

My two-become-three dress

“I wore this Jay Ahr dress (above) the night before I had Sophia by C-section. I really wanted to have Chinese so we went for dinner at Mr Chow in Kensington. It was a celebration for me and my husband Jay before the two of us became three. It’s such a nice memory, recalling the conversation we had that night – talking about how our lives were about to change and how excited we were. I actually loved being pregnant; my hair looked the best it ever has done and I didn’t feel like it restricted anything I did or what I could wear – I just wore bigger bras!”

The new-love clutch

"This was the first present Jay ever bought me. We were in the phase of wanting to spend every minute with each other and I was upset that he was leaving to go to Dubai on holiday. That morning he got up early to run a few errands so I thought he was getting stuff like suncream, then he came back with some flowers and this Chanel Lego clutch bag. I'd seen it in a magazine and had been going on about it because it's such a distinctive piece. My first handbag ever was from Kookai, and I was in my twenties when Mum bought me my first Birkin. Sophia has the cutest little Birkin, which means she's miles ahead of me!"



My little sister's moment

"My younger sister Petra [26] chose an amazing maid of honour dress for me in this Vera Wang design. I was so emotional at her wedding in August 2011. I used to mother Petra. We've had some laughs - I still feel guilty for putting Sun In through her hair when she was 10 - it went so orange we had to cut her hair off! She was so skinny, everyone thought she was a boy - we called her Peter instead of Petra!"



"Jay came home with flowers and this Chanel Lego clutch bag"

Vera Wang wedding dress

"I met Jay in January 2013, we got engaged after a month and married in the French Riviera that June. I'd been in so many awful relationships but with Jay it was just so different. I knew after our third date he was The One. I got pregnant on the honeymoon. It's like a fairy tale on acid! I didn't have long to pick a wedding dress. Initially they said they didn't have time to make a dress from scratch, but my boobs are so much bigger than the rest of me, they had to find a way! They shipped the dress to London one week before the wedding. When I walked down the aisle my heart was beating out of control. It was the most special day."



The happy-family ring

"My dad gave this diamond ring to my mum at the beginning of their relationship and Mum then passed it on to me on my 21st birthday. It reminds me of a really happy time when my parents were together, which is nice because they're divorced now. Dad would have bought this at an auction - he knows what he's looking for. Before I got engaged I wore this ring all the time but now it's just for special occasions. It'll be Sophia's one day. Everything of mine will be!"



The new-mummy bag

"Petra bought me this Hermès 'nappy bag'. The bag's first outing was to a lunch

with Jay, my mum and Sophia at E&O in Notting Hill. I was a bit of a weirdo after Sophia was born because I didn't want to venture anywhere. I was in a Sophia bubble and content being at home, napping with her and everyone coming to see us. It was just nice, I didn't want to leave that."



Tamara's beauty line

Show Beauty is available at Harvey Nichols, Selfridges, Harrods, House Of Fraser, Fenwick and online at Net-A-Porter ♦



IN HER SHOES

Looking your best from head to toe is the key to confidence, so how does jewellery designer Lizzie Burns do it?

I spend a lot of time visiting clients where I'm representing my brand, and people buy into me as much as they do my jewellery. So I need to make sure I look groomed and professional as well as feeling confident," says Lizzie. "I often wear my pieces, so having well turned out hair,

"In summer I'll always wear heeled sandals so I love my Scholl Express Pedi – it fits in with my busy lifestyle and is easy to use"

LIZZIE BURNS,
JEWELLERY DESIGNER

skin, nails and feet is important. In summer I'll always wear heeled sandals (the extra height boosts my confidence too!) so I love my Scholl Express Pedi. It fits in with my busy lifestyle and is easy to use; a quick buff really softens my feet, then I give my toes a lick of nail polish and I'm good to go!"



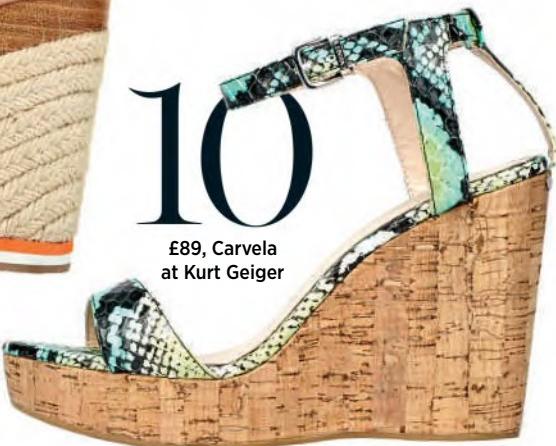
SOFT FEET AS NEVER BEFORE

It's now easier and quicker than ever to buff away hard skin, thanks to the new Scholl Velvet Smooth Express Pedi with Diamond Crystals. The easy-to-use, replaceable roller head features finely ground diamond crystals, which gently buff away hard skin in minutes. You'll be left with beautifully soft and visibly smooth skin, with no effort required. To find out more, visit Scholl.co.uk.



Wedges

*The most stylish
(and comfy) way to work
a heel this summer*





GET YOUR TICKETS FOR **#fashfest**^{COSMOPOLITAN 2015}



14-18 SEPTEMBER 2015

5 FABULOUS FASHION EVENTS OVER FIVE DAYS

→ DAY 1 ← MONDAY 14 SEPTEMBER

THE LINGERIE SHOW

ONE MARYLEBONE, LONDON NW1 4AQ, 7-10PM, £35

Are you ready to give your lingerie drawer an injection of luxe while enjoying a decadent night out? Then join us at Cosmo's lingerie show – the first fabulous event in our five-day festival of fashion. Watch – and shop – the latest trends in lingerie, styled by

Cosmo's Fashion Editor Sairey Stemp, while sipping bubbly and cocktails, and indulging in some pampering. Whether it's the perfect pants or a gorgeous lace slip you're after, we've got it all – so treat yourself now to a ticket for our brilliant night out and let's start #fashfest in style.

Your ticket includes

- GANCIA PROSECCO ON ARRIVAL, PLUS ŻUBRÓWKA COCKTAILS AND CANAPÉS
- FAB GOODY BAG WORTH OVER £35
- EXCLUSIVE PREVIEW OF THE LATEST LINGERIE STYLES FROM PETITE TO CURVY
- BEAUTY TREATMENTS GALORE (FIRST COME, FIRST SERVED BASIS)
- POP-UP SHOPS



EVANS *Tutti Rouge*
George.com

next *ULTIMO*

TED BAKER
LONDON

figleaves.com



SHOP
THE
STYLES





Last year, we chatted to Pixie Lott

QUIZ
A CELEB

Get expert style advice

► DAY 2 ← TUESDAY 15 SEPTEMBER

THE A-LIST FASHION INTERVIEW

1 WIMPOLE STREET, LONDON W1G 0AE, 6.30-9PM, £15

For one night only, one of your favourite stars will sit down with *Cosmo's* Editor-in-Chief Louise Court to give you an exclusive insight into the world of celebrity fashion. Then it's over to you to quiz our star with your style questions. Look out for the big reveal on Cosmofashfest.co.uk.

Your ticket includes

- GANCIA PROSECCO
- A GLORIOUS GOODY BAG WORTH OVER £20
- EXCLUSIVE ACCESS TO OUR CELEBRITY INTERVIEW

► DAY 3 ← WEDNESDAY 16 SEPTEMBER

ACCESSORIES SHOWCASE

ONE HORSE GUARDS, LONDON SW1A 2HU, 7-10PM, £10

Mad about bags? Obsessed with shoes and jewellery? Yep, us too, so we're bringing them all to life in our Art Of Accessories showcase. Whether it's footwear, jewellery or handbags, we've got the skinny on the latest trends that will add sparkle to any outfit. And if all that's not enough for you, there'll be Żubrówka cocktails galore, beauty treatments and a free goody bag to take away too.

Your ticket includes

- GANCIA PROSECCO PLUS ŻUBRÓWKA COCKTAILS
- A FANTASTIC GOODY BAG WORTH OVER £20
- EXCLUSIVE TREND TALK AND ENTRY TO THE ART OF ACCESSORIES SHOWCASE
- BEAUTY TREATMENTS (FIRST COME, FIRST SERVED BASIS)



BAGS!
JEWELS!
SHOES!



TO BOOK ALL YOUR
#FASHFEST EVENTS, GO TO
COSMOFASHFEST.CO.UK

DAY 4 THURSDAY 17 SEPTEMBER

CATWALK TO COSMOPOLITAN FASHION SHOW

BATTERSEA EVOLUTION, LONDON SW11 4NJ, 7PM-12AM, £55

Bag yourself an exclusive seat to see the latest catwalk trends, styled by Cosmo's Fashion Editor Sairey Stemp. Be the first to shop the styles and discover the winners of our fashion awards. Relax at our beauty pit stops,

indulge in Żubrówka cocktails and street-style food, and enjoy a spot of shoulder rubbing with the hottest celebs in town (last year Laura Whitmore presented and Millie Mackintosh graced the red carpet) all before a rocking after-party. See you there?

Your ticket includes

- A CHANCE TO SEE THE TRENDS FIRST HAND
- A BURSTING GOODY BAG WORTH OVER £50
- GANCIA PROSECCO, ŻUBRÓWKA COCKTAILS AND STREET-STYLE FOOD
- ENTRY TO OUR FASHION SHOW, FASHION AWARDS AND EXCLUSIVE AFTER-PARTY
- INDULGENT BEAUTY TREATMENTS (FIRST COME, FIRST SERVED BASIS)

BOOK TICKETS AT
COSMOFASHFEST.CO.UK

WAIT... THE FUN DOESN'T STOP THERE - WE DID PROMISE YOU FIVE DAYS OF FABULOUS FASHION EVENTS, AFTER ALL. FOR FULL DETAILS OF COSMO'S ONLINE DISCOUNT SHOPPING DAY AND WRAP PARTY ON FRIDAY 18 SEPTEMBER, CHECK OUT NEXT MONTH'S ISSUE.

SHOP THE STYLES



CELEB SPOT

Laura Whitmore and Millie Mackintosh walked the #fashfest red carpet in 2014

The best of beauty



asos
discover fashion online

boohoo

BrandAlley
THE NON-STOP DESIGNER SALE

EVANS
George.com

H&M

MISSGUIDED

next

RIVER ISLAND

SimplyBe

TED BAKER
LONDON

yumi

#fashfest 2015

14-18 SEPTEMBER 2015

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Instaglam

The buys of Summer

HEAT, HUMIDITY AND UV OVERLOAD
ARE NO MATCH FOR THE GENIUS
BEAUTY PRODUCTS DESIGNED TO HELP
YOU KEEP YOUR COOL AT ALL TIMES

By Ingeborg van Lotringen

Hot body

1 PREP

The best new body products act like anti-ageing face care, so crammed are they with smoothing, toning, imperfection-zapping actives. Enter **Murad Detoxifying White Clay Body Cleanser**, £30, with white clay to deep-cleanse skin and glycolic acid to smooth it. **Dr Sebagh Supreme Body Restructuring & Firming Cream**, £130, costs a bomb but perfects, protects and plumps all over, and a little blob goes a long way. Or try a concentrated, super-active body oil: we rate **This Works Energy Bank Body Makeover**, £32.



2 SOOTHE

Sun-scorched skin needs cooling, plus hydration that's rapidly absorbed; look for gels or mists. **Hand Chemistry Hyaluronic Body Mist**, £17, seeps deep into skin in seconds, then, like a cactus, attracts more water still. **Sanctuary Spa Cooling Body Sorbet**, £7, is a pleasantly chilly gel that does much the same, as does **Lancaster Tan Maximizer Instant Cooling Mist**, £24, jam-packed as it is with redness-calming botanicals.



3 ENHANCE

Irresistibly sparkly and smelling of eternal summer, a shimmering body oil will boost your tan and mood

THE CLASSIC ONE Estée Lauder Bronze Goddess Shimmering Body Oil Spray, £29. When God created summer, he gave it this glorious smell.

THE SEXY ONE Tom Ford Shimmering Body Oil, £68. Mist all over and men will want to eat you.

THE GREAT-VALUE ONE Bourjois Sunlight Elixir Dry Oil SPF15, £9.99. Leaves a light, wash-off tan.

THE IN-TAN-SIFYING ONE Clarins After Sun Shimmer Oil, £32. Liquid gold for an ever-so-subtle golden bronze.

THE HAIR ONE Leonor Greyl Huile Secret de Beauté Or, £47,



Clarins
After Sun
Shimmer
Oil



Ultrasun
Overnight
Summer
Skin
Recovery
Mask

Skin savvy

ACTIVE AFTERSUNS

We now know UV rays continue to damage your skin even *after* you step out of the sun – so maybe aftersun isn't such an outdated idea after all. **Vichy After Sun SOS Balm, £11.50**, quickly quells redness and pain from sunburn. And **Ultrasun Overnight Summer Skin Recovery Mask, £38**, actively repairs a day's worth of sun damage while locking in moisture to fight dehydration. ▶

SUMMER SERUMS

Switching up your serum for summer really reaps benefits.

Actives in **Codage Summer Time Serum, £106**, mop up free radicals from UV and pollution, *and* boost production of skin-protecting melanin.

Guerlain Terracotta Sun Serum, £42, prolongs your tan with carob-tree extract; just add a few drops to any skincare product.



Guerlain
Terracotta
Sun Serum



When life
slows you down,
turn the music up!



Make your own sun.

Some girls see the bright side in any situation. A traffic jam? Just a chance to unleash your inner pop star. Start every day with a razor that's just as bright and colorful as you are.



More for your money... Always!



Cool colour

With makeup designed to perform in the heat, there's no compromise on protection or perfection

Illamasqua Gel Colour

Bourjois
Aqua Blush
12hr

CHEEKS

Applied directly to clean, moisturised skin, a gel blusher will delicately stain your cheeks, ensuring the colour stays put. Dab on Bourjois Aqua Blush 12hr, £8.99, or Illamasqua Gel Colour, £22.

Giorgio Armani
Eye Tint

EYES

Liquid eye shadows slick coolly onto lids to form a budge-proof, glistening film thanks to polymers and silicones. We love Giorgio Armani Eye Tints, £26.50, Laura Mercier Eye Glacés, £20, and YSL Full Metal Shadows, £21.

Instaglam

La Roche-Posay
Anthelios XL
Compact-Cream
SPF50+



FACE

La Roche-Posay Anthelios XL Compact-Cream SPF50+, £19.50, isn't just makeup, it's broad-spectrum sunscreen disguised as a perfecting base. Perricone MD Face Finishing Moisturizer Tint Broad Spectrum SPF30, £57, gives a sheer glow with added antioxidants. For post-sun cocktails, spray Givenchy Brume Bonne Mine, £38 – a silky powder foundation.



Chanel Les Beiges Lip Balm
in No10



Bareminerals
Pop Of Passion
Lip Oil Balm in
Tangerine Pop

Max Factor Colour
Intensifying Balm
in Luscious Red

LIPS

Tinted balms are the way forward for summer. Why bother with anything less comfortable and hydrating? We're addicted to sunny Bareminerals Pop Of Passion Lip Oil Balm in Tangerine Pop, £16, perfect plumping nude Chanel Les Beiges Lip Balm in No10, £25, and flame-hot Max Factor Colour Intensifying Balm in Luscious Red, £8.99.

NAILS

Upgrade to polish with a UV filter that keeps your colour true and prevents yellowing. Nailberry Polishes, £14.50, let your nails breathe and are extra-flexible (meaning fewer chips) to boot. ▶

Instaglam

Happy hair

WAVE AID

Embracing your natural curl in hot and humid conditions would be so much easier if said curl didn't come with a load of unwanted frizz, right? Well, our pleas for an easy solution have been heard. Work John Frieda Frizz Ease Dream Curls Air-Dry Waves Styling Foam, £6.99, into damp hair, then let it dry in the summer breeze for

relaxed but beautifully defined waves. Crunched through towel-dried hair,

Tresemme Perfectly (Un)done Wave Creating Sea Foam, £3.99, does much the same.



TIP:

UV RAYS FADE HAIR COLOUR LIKE NOTHING ELSE. IF YOU WANT YOUR DYE JOB TO LAST, DON'T GO OUT IN THE SUN WITHOUT PROTECTION SPRAY AND A HAT.



SUN SHIELD

UV rays don't just ruin your skin – their colour-sapping, keratin-destroying powers make a mess of locks as well. But the latest hair guardians feature UV protection, without the oiliness – thankfully. L'Oréal Professionnel Série

Expert Solar Sublime Protection Spray, £12.90, is a leave-in conditioner with superior skincare-like UV filters. Herra Protect Hair Perfume, £24.95, is almost a contradiction in terms: a scent that shields from UV. ♦

A large, close-up photograph of Christy Turlington Burns occupies the left side of the advertisement. She is shown from the chest up, looking directly at the camera with a soft expression. Her dark hair is pulled back, and she is wearing a white, off-the-shoulder top. Her right arm is raised, with her hand resting against her head.

Christy Turlington Burns
Model, Mother, Maternal Health Advocate

Age defying skincare from the inside

IMEDEEN® skincare tablets are scientifically proven to reduce signs of ageing by enriching your skin from within

IMEDEEN tablets work from the inside to nourish and protect skin where creams can't reach. Added to your daily skincare regime, this unique formula helps to reduce visible signs of ageing by improving moisture balance and making skin more supple and smooth with visible improvement in as little as 12 weeks.

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Beautiful skin begins within

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Come
AWAY
with
US

THEY'RE PROS AT LOOKING
GREAT ON THE GO - SO WHAT
DO THESE WOMEN PACK IN
THEIR BEAUTY TRAVEL KITS?



TRANSFER



ALICIA ROUNTREE model

I never wear makeup when I'm on a plane, but I like to use Decléor Essential Cleansing Milk followed by its Essential Tonifying Lotion, before applying a light moisturising cream.

My lips always get dry when I travel, so I keep them moisturised with a vegan citrus lip balm by S W Basics. Hand cream is also an essential for me on planes.

As soon as I get to my hotel, I'll meditate and then drink water to rehydrate from the flight. If I have time I'll do a face mask – I love Sephora's Ginseng Mask.

I always keep my skin protected with a special facial sunscreen by an Italian brand called Dermophisiologique. I've tried

others, but nothing compares. It's the best for shooting in very hot sun for a long time.

For my body I use a protective tanning lotion by Institut Esthederm, which I love because it allows a golden tan but protects from burning.

I don't tend to wear makeup when I'm not working; the only product I'll sometimes use is an Anastasia eyebrow pencil.

The one thing I always spot in makeup artists' kits is Laura Mercier Tinted Moisturiser. It's light, but still has SPF protection and there's also an illuminating version, which is awesome for highlighting cheekbones. I've found its Mineral Finishing Powder really stands up well in extreme heat too.

I can't live without Moroccanoil for my hair, and Oribe is also top of my list for standing up to sweaty conditions! Its Dry Texturizing Spray always saves the day in heat and humidity.

I find it best to eat clean and simple food when I'm shooting – it's what makes me feel and look my best. I'm obsessed with coconuts, especially coconut water, and when I'm on tropical islands I always reach for mangoes, pineapples and watermelon.



The tropical-island hopper



1 Institut Esthederm Adaptasun Tanning Body Lotion, £42.50. 2 Laura Mercier Mineral Finishing Powder, £26. 3 Nars Body Glow Oil, £45. 4 Oribe Dry Texturizing Spray, £38. 5 MoroccanOil Treatment, £31.85. 6 Decléor Essential Tonifying Lotion, £20. 7 L'Occitane Arlésienne Velvet Hand Cream, £8. 8 Anastasia Eyebrow Pencil in Taupe, £18. 9 S W Basics Citrus Lip Balm, £4.

HOLLYWOOD



KATE IRELAND

*Virgin Atlantic
cabin crew*

On one-night trips I rarely take a suitcase, so I have travel-sized pots for all my essential products. I also take face wipes and nail-varnish-removal wipes.

My skin gets very tight and dry, so I use a body brush all over before a flight, which is great for circulation, and then I'll pile on heaps of moisturiser head to toe.

A moisturising hand cream is a must because my hands dry out due to constant washing. My favourite is from Bath & Body Works – I get it from the US.

I've tried loads of products and found a skincare routine that really works for me, so I stick to that now. I use Clinique cleanser and toner, followed by a light Simple moisturiser.

The plane-travel expert

A good primer and foundation are essential for a long-haul flight. I use a primer from The Body Shop and Mac Studio Fix Fluid Foundation, which is long-wearing. It stays in place from the second I apply it right until I arrive at my destination.

I wear Illamasqua Glamore Lipstick in Virgin. It was designed specially for Virgin cabin crew. It's a gorgeous shade, and I don't have to worry about reapplying because once it's on, it's on!

I never have an issue with greasy hair, for which I thank my amazing OGX shampoo and conditioner. I use a lot of styling products to keep it looking neat, so I'll either leave in a little conditioner or use a serum before a long-haul flight to avoid damage.

Having a full face of makeup on for so long can be hard on skin, so I always cleanse and tone the second I walk into my hotel room.

I don't tend to wear makeup when I'm between flights – I like to let my skin breathe. If I go out I'll wear a very light base. I just bought Soleil Tan de Chanel and it's a dream!



Kate has travelled the world, from LA...



... to Disneyland



... Las Vegas



... and Cuba



DR SAM BUNTING dermatologist

I remove my makeup with Bioderma Micellar Water as soon as I'm on the plane, but I leave my mascara and brows intact. It's important to take makeup off properly, or skin will look terrible.

I don't change my skincare ritual, but I do streamline it. I apply Obagi Hydrate – it's my face saver on planes as it keeps skin plump and dewy without clogging pores. I also use Dr Lipp Nipple Balm because it stays put and stops lips cracking.

If you're prone to breakouts, pack a treatment cream such as La Roche-Posay Effaclar Duo or Avène Cleanance K and treat your in-flight time like a medi-facial.

Once I've reached my destination I reach for a physical sunscreen to protect my face and neck – they contain zinc oxide, which I think is the most reliable ingredient for UVA protection. I'll use either Jan

The serious skin and sun-care expert

Marini or one I get in the US by MD Solar Sciences.

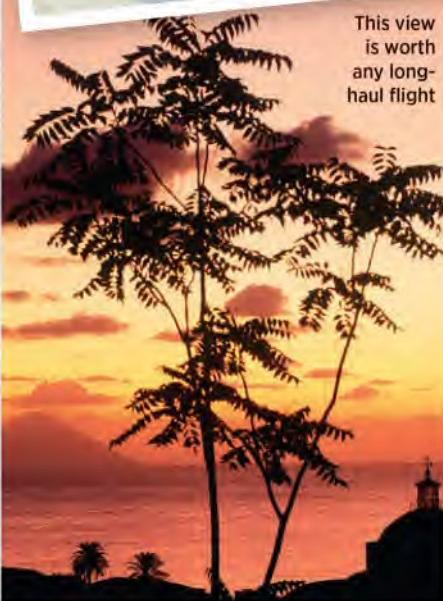
To protect my body I'll use Bioderma or La Roche-Posay Anthelios sun protection because they don't clog pores. I always use a minimum of SPF30.

I don't sunbathe; I get a spray tan before I travel and use Sisley Self-Tanning Hydrating Facial Skincare on my face, as well as an AHA body lotion for a week before I leave, which smooths any bumps on the backs of my arms and legs.

I use a gradual-tanning moisturiser instead of aftersun – my current favourite is by Crème de la Mer.

I love playing with my makeup look while I'm away. I like everything to have a sheen to reflect the relaxed holiday mood. I keep my base very light and only apply it where it's needed, usually on my T-zone to mask any redness.

I like to use a gorgeous luminiser, such as Charlotte Tilbury Wonderglow, to highlight my cheekbones and Cupid's bow. Cream blush finishes off my look and gives everything a healthy glow.



- 1 Obagi Hydrate Moisturiser, £39.84.
- 2 Jan Marini Physical UV Protectant SPF30, £51.
- 3 Bioderma Sensibio Micellar Water, £10.20.
- 4 Crème de la Mer The Face And Body Gradual Tan, £65.
- 5 Stila Convertible Colour in Camellia, £16.
- 6 Burberry Sheer Hydrating Foundation, £35.
- 7 Charlotte Tilbury Wonderglow, £38.50.
- 8 La Roche-Posay Anthelios SPF30 Smooth Lotion £28.

Happy days

Summertime means three things: sunshine, festivals and happiness – beauty blogger Tar Mar gives her top skincare tips for the season ...

When it comes to festivals and hot weather, beauty blogger Tar Mar is a total pro. We caught up with her to find out how she cares for and protects her skin from dehydration during the summer months. "I use a lighter moisturiser as my T-zone gets quite oily in hot weather," says Tar. "And I always choose something with SPF that won't clog my pores. I'm also more likely to break out at this time of year as a result of dehydrated skin, so I up my water intake to counteract this and wear less make-up – who wants a full face when it's hot outside? It's important for me to keep my skin cleansed and hydrated. Face wipes are a great way to refresh when I'm sleeping in a tent at a festival."

MEET THE EXPERT

Lisa Valencia is a make-up artist and one of the Simple Kind Community experts.

"CARE NOT CONCEAL is my skincare philosophy. Great skin is the foundation for flawless makeup!"

TAKE THE TIME

"Caring for yourself (and skin) leads to long-term happiness. I swear by a good cleansing and moisturising routine day and night."



Treat your skin

Summer months filled with parties, festivals and late nights can lead to tired and dehydrated skin. Tar Mar instantly hydrates her skin with Simple Kind To Skin Micellar Cleansing Water (RRP £4.49), and Simple Kind To Skin Micellar Cleansing Wipes (RRP £3.99). They're bursting with kind-to-skin ingredients, including triple-purified water, which helps to minimise irritation for all skin types, even the most sensitive skin. Simple Kind To Skin Protecting Light Moisturiser (RRP £4.99) is made with a blend of vitamins that help keep skin hydrated for 12 hours, plus it protects from UVA and UVB rays.



*Psst!
Don't forget
to take the quiz
at **Simpleskin
advice.com** to get
your personalised
skin map!*

Instaglam



Gillette
Venus
Snap,
£9.99

Tom Ford
Brow
Sculptor,
£34

Stella
McCartney,
from £42

Embryolisse
Lait-Crème
Concentré,
£12.99

Mac Mineralize
Multi-Effect Lash
Mascara, £21

stage diving in my dress.
I was drunk, but not too
drunk. It was awesome –
one of those nights you
never want to end.

**My most embarrassing
wardrobe malfunction was...**

When my boob popped out
at the launch of this year's
Big Brother. It wasn't total
exposure – just lace-covered
exposure. We have a ritual
where the warm-up guy gets
everyone dancing to Rihanna
and it happened when I
lifted my arms in the air.
Luckily the cameras weren't
rolling, but it made the
papers the next day because
a photographer caught it.

After a night out I... Sit on
the sofa in my pyjamas with
a box of chocolates and some
tea. Or a toasted sandwich –
cheese and ham, maybe a
bit of onion.

• **Emma Willis is proud to
partner with Venus on the
new #UseYourAnd campaign**



GETTING READY WITH EMMA

A great night for **Emma Willis** starts
with 1D and ends with a cheese toastie

Before a night out I always eat... A jacket potato with some chilli, cheese and sour cream. It's a good hearty meal, and I cook a good chilli.

My favourite party outfit is...

Jeans, a blazer, a little top and a pair of killer heels – I feel more comfortable in that than a dress. And if I feel comfortable, I feel confident, and then I'll have a nice night. I don't like to look like a dolly bird.

My night-out beauty look tends to be...

Either eyes or lips, but never both. I like my hair to be messy so it looks as if I haven't done it, which actually takes longer than doing a 'do'!

The music I get ready to is...

A bit of One Direction for the kids, and McBusted, obviously! For me it's Taylor Swift, Rita Ora, Rihanna, Gwen Stefani – I like strong women.

The makeup I carry in my clutch is... Mac Mineralize Multi-Effect Lash Mascara and Tom Ford Brow Sculptor – as long as I've got my eyebrows and mascara on I'm happy. Venus does a cool travel razor that fits nicely in your clutch bag, because you always miss a patch, don't you? Look down in the bar and you've got one hairy knee. I sometimes take my moisturiser out with me too, and pat it on over my foundation when my skin gets dehydrated. I love Embryolisse for that.

My party perfume is... Stella McCartney, the original. I've never swayed.

The compliment I hear most on a night out is... Usually about my hair, ever since I had it all chopped off, that is. Which is nice, because you assume guys love girls with long flowing locks.

My best night out ever was... Probably my wedding! Cheesy, right? I ended up



Step away
from the
giant
Toblerone!
You could
save a fortune
buying your
beauty bits at
the airport

Duty free **BASH!**



The Cosmo office discussed duty-free recently (because we're crazy like that) and there were two clear camps. The first was like, 'Yeah, I often grab my favourite Mac product when I'm passing through.' And the second was all, 'How much cheaper is it anyway? I steer clear to avoid blowing my holiday money.' The truth is, there's a wealth of bargains to be found there (duty-free products are free from VAT, so that's 20% off for starters). You just need to use your time wisely...

SUNCREAM

With 100ml liquid regulations still in place on flights, hand-luggage travellers have more reason than anyone to grab their SPF at the airport. And with 20% off brands such as Ultrasun, Lancaster, Clarins and Clinique, you'd be clever to do the same, even if you do have a suitcase going into the hold.

► TRAVEL EXCLUSIVE

Clarins Sun Protection Essentials, £42

Contains the Clarins Sun Wrinkle Control Cream For Face SPF30, Sun Care Oil Spray SPF30 and After Sun Moisturizer. If you bought these three products individually on the high street it would set you back £17 more, without the cute canvas purse they come in.



COSMETICS

If you *love* getting your hands on new beauty launches before your friends, World Duty Free is the place to be. Breakthrough foundation Lancôme Miracle Cushion was available three

weeks ahead of its high-street launch earlier this year, and travellers were also able to bypass the 12,000-strong waiting list for YSL Fusion Ink Foundation. On a budget? Just get a free makeover

instead! 10-minute Dior Catwalk Eyes, anyone?

► TRAVEL EXCLUSIVE

Gucci Cosmetics, from £15.15 This highly anticipated makeup range just launched in World Duty Free at Heathrow Terminal 5 and



NAIL IT!

OPI Hawaii Travel Set, £16.35, contains every nail colour you'll need this summer, in six cute travel-sized bottles (flying to Hawaii following this purchase is optional).

FRAGRANCE

Three bottles of perfume are sold every five seconds in World Duty Free, proving there's no better way to kill a flight delay than by finding your new signature scent. Nervous flyers might also benefit from a relaxing (and free) Jo Malone scented Hand & Arm Massage. And breathe...

► TRAVEL EXCLUSIVE

Lancôme La Nuit Trésor Eau de Parfum, £50.70 (50ml)

Loyal fans of the original Lancôme Trésor may be keen to snap up this new darker version, with seductive notes of black rose, patchouli and praline. And a word to the wise: it won't be available on the high street until September 2015 (and at a higher cost, obvs).

won't be available on the high street until the end of the year. We're smitten with the luxe packaging and dreamy formulas, especially with 20% off the price. ▶



SKINCARE

If you're not in the market for a new fragrance, perhaps you fancy a skincare overhaul? Depending on your airport, skin-savvy brands such as Elemis, Declor and Dr Sebagh offer free skin consultations and express facials, so you can experience new products as part of a relaxing treatment. Yes, these freebie experiences are designed to get sales, but if you're keen to try before you buy (always recommended when investing in pricey skincare) this is much better than dabbing it on the back of your hand, no?

>> TRAVEL EXCLUSIVE

Estée Lauder Advanced Night Repair Duo, £83.50 Contains the Cosmo Beauty Award-winning Face Serum (50ml) and eye serum (15ml). When purchased separately on the high street, you pay £28 more.



Come spa with me

The pre-flight pamper zones we love – just don't get carried away and miss your flight!

BE RELAX, HEATHROW TERMINALS 4 AND 5B

Get those knots busted before you hit the beach, either with a quick chair massage from £9 or a longer, full-body table one from £46. Or enjoy a speedy mani/pedi and wax. Berelax.com

AEROSPA, NEWCASTLE AND EDINBURGH

Offering Jessica manicures and Caudalie facials, you can also get your eyebrows and lashes tinted, and a brow shape, all for the bargainous price of £22. Aerospa.co

CLOUD NAILS, MANCHESTER, BIRMINGHAM AND LUTON

You can't miss these lovely pink nail havens. They offer OPI gel and regular manis and pedis (oh, and they have a kids' menu). Cloudnails.co.uk

NO1. TRAVEL SPA, GATWICK AND HEATHROW

This spa offers Dermalogica facials and Aromatherapy Associates massages. We love the sound of the Flight Relief For Legs & Feet, £30 for 30 minutes. No1traveller.com

CAN'T BE BOthered TO CARRY?

If you've got a big beauty spree planned but don't want to lug it on the plane with you, World Duty Free (available at 22 UK airports – known as Biza Tax & Duty Free at Manchester and Newcastle airports) has a Shop & Collect service. Available to people flying to the EU or within the UK, simply tell your duty-free cashier you'd like to Shop & Collect, and they will store and insure your purchases while you're away, ready for collection when you clear customs on arrival back at the airport.

PSST!

When flying outside the EU, check the country's individual duty-free restrictions, OK? ♦

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COCONUT OIL
FORMULA™
with VITAMIN E
Indescribably Special™

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YEARS OF
EXTRAORDINARY
SKINCARE

NEW

drenched by nature

Palmer's® Coconut Oil Formula™ drenches your skin with antioxidant-rich moisture that lasts 24 hours. Formulated with ethically and sustainably sourced raw Coconut Oil and Tiaré petal-infused Tahitian Monoi, all of the products are free from harsh chemicals, dyes, parabens, phthalates, mineral oil or gluten. The result is naturally radiant skin with a decadently, rich coconut scent.

NO Parabens,
Phthalates,
Gluten, Mineral Oil or Dyes

Pure Coconut Oil &
TAHITIAN MONOI

DEEPLY HYDRATES
& Pampers Skin



24 Hour
Moisture

We don't know about you, but staying fuzz-free all through the summer sits right at the top of our beauty-priorities list, *especially* when it comes to our underarms. Nobody needs sleeveless-top panic! Enter Soft & Gentle Visibly Smooth: an innovative new deodorant from the brand that promises to look after your skin in the kindest possible way. Made using advanced, clinically proven technology, using Visibly Smooth means waving goodbye to all your shaving problems this summer. Soft & Gentle knows – and more importantly, understands –

Ready, set, summer!

The sun's come out, so it's time to get prepped (and get excited, obvs!)

just how annoying shaving can be, and how irritating keeping on top of pesky underarm-hair regrowth is. But that'll soon be a thing of the past, and here's why: Visibly Smooth is packed with kind-to-skin ingredients, including Kelisoft™, which is clinically proven to reduce the speed at which your hair grows. It even reduces the thickness of hair, meaning you won't need to shave as often. Visibly Smooth is also enriched with soybean, which helps to moisturise your skin, so you'll be left with beautifully smoother, softer underarms in as little as eight weeks. It's (almost) as good as magic!

Summertime prep

EXFOLIATE: Slough away dead skin cells every time you shower to leave your skin smoother and softer than ever before. Don't forget to moisturise daily either – your skin will thank you for it!

FAKE A GLOW: Get glowing without compromising your skin's health (or risking wrinkles) by booking yourself in for a spray tan. You'll look and feel ready for summer with little effort required.

PREPARE YOUR FEET: Say goodbye to the fear of getting your feet out in summer sandals. Use an intensive, specialist foot moisturiser every night, then pop on a pair of cotton socks and you'll wake up to smoother soles.

ON-THE-GO DEO!

Innovative new Soft & Gentle Visibly Smooth deodorant is now available in 75ml

compressed cans, so it's great for your handbag, gym bag or desk-side drawer. Don't let the size fool you, it'll last just as long as the 150ml spray.

Soft & Gentle now also uses less aluminium, which means reduced environmental waste. It's a win-win.



See more at Softandgentle.com





**Beauty
CONFESSTION**

Isabella has learnt to camouflage her scars

'Why I can't stop scarring my skin'

Isabella Timothy, 23, looks very glamorous, but for seven years she's had a strange compulsion...

I'm obsessed with my face – something that's fairly obvious from the millions of selfies on my Instagram. Slightly less obvious are the scars that tell the story of years of obsessive picking at my skin. It goes beyond attacking the occasional spot: skin picking can be an actual disorder.

The condition has many different names, including dermatillomania and neurotic excoriation. (I call it dermatillomania as it sounds fancy.) It falls into the same category of impulse-control disorders as nail biting and hair pulling (onychophagy and trichotillomania, since we're being technical) and, much like these conditions, is often caused by underlying psychological problems. It's surprisingly common, affecting around

3% of the population, and there are many more female sufferers than male.

Like most dermatillomanics, I started as a teenager. Someone close to me got ill, triggering the depression and anxiety I still deal with today. My feelings of self-loathing were largely focused on my pubescent face. I started to pick at my spots until they bled, and then couldn't leave the scabs alone, trying to 'improve' my skin. My face became covered in cuts and scars, making me hate how I looked even more, and causing long-term damage to my self-esteem.

I've since learnt to camouflage the scars, but seven years on, I haven't

stopped picking. Dermatillomania is chronic (most sufferers deal with the condition for five to 20 years), and it's also incredibly compulsive. Once I feel an urge, I can't rest. And I don't always know when to stop.

Dermatillomaniacs can spend hours every day doing it. I've often found myself in a near-hypnotic trance, scouring every pore in a magnifying mirror for tiny imperfections, and admiring every gross detail. I do it subconsciously too; when I'm watching TV or at my computer, my fingers will drift up to my face. It's just what I do with my hands.

I do it to let off steam when I'm stressed, to punish myself when I'm angry and sometimes to reward myself. I guess that's my big confession: I actually *enjoy* doing it. The immediate gratification outweighs the long-term damage. It's how I imagine addictions feel; you know it's bad for you, but you enjoy it too much to stop.

Because the harm done seems superficial, self-injurious conditions aren't always taken seriously. But they are often signifiers of psychological disorders such as OCD, anxiety and body dysmorphic disorder. Diagnosing and treating these issues is important. I saw my GP about it and have spent the past five years addressing my depression with cognitive behavioural therapy and antidepressants. When my mood improves, my urge lessens. But, if you're a sufferer, there are other, instant tricks you can try to minimise the damage:

★ CREATE BARRIERS

Put a face mask on when you're watching TV – it's hard to scratch when you've got a layer of mud on your face.

★ KEEP YOUR NAILS FAKE OR SHORT

Acrylic nails make picking difficult because they're quite thick. I prefer to keep mine really short which works too.

★ HIDE THE MAGNIFYING MIRROR

They make tiny spots and marks look much worse than they are.

★ KEEP YOUR HANDS CLEAN

Picking leaves skin susceptible to infection, so wash your hands thoroughly and often.

★ LOOK AFTER YOUR SKIN

Cleanse and exfoliate your skin regularly, and use spot-clearing treatments to zap blemishes.



Isabella started picking in her teens

THE Beauty LAB



of the best new cream blushers

THIS MONTH WE'RE GETTING READY FOR SUMMER WITH A POP OF CREAMY CHEEK COLOUR



Lancôme Blush Subtil Crème, £23

This doesn't look like other cream blushes – it took sticking my finger in the pot to believe it wasn't a powder! But its velvety-soft texture feels so lightweight on skin. It's easiest to apply using a blusher brush; it'll give a more even finish too. *Inge, Beauty Director*

Burberry Lip & Cheek Bloom, £24

This could turn me into a cream-blush lover. It's got a slightly moussey texture that's easy to apply, and it didn't leave a 'hole' in my foundation (my ultimate fear). It sat nicely on my skin and blended evenly, leaving me with a subtle flush of colour that lasted surprisingly well. *Lucy, Acting Beauty Writer*



Smashbox LA Lights Blendable Lip & Cheek Color, £25

This creamy stick gives a gorgeous lit-from-within glow. I wasn't sold on the buffing sponge, though, as it seemed to erase my base underneath the cheek colour. I'll stick to finger blending.

Cassie, Acting Beauty Editor

Chanel Les Beiges Healthy Glow Sheer Colour Stick, £32

As a powder fan, this really impressed me. The satin formula isn't at all greasy and it doesn't slip on top of my foundation. I patted it on using my fingertips to achieve a youth-boosting glow. It's all kinds of flattering. *Bridget, Online Beauty Editor*



Bareminerals Pop Of Passion Blush Balm, £20

'Balm' is the key word for this slick and moisturising cream, in three shades. It goes on super-dewy and super-sheer, so is beautiful pressed directly onto clean skin. I also dabbed it on top of tinted moisturiser and even powder bronzer, without a streak or smudge in sight. *Inge*



There's A TREND

Right now it's all about... curly-hair 'co-washes' (cleansing conditioners)



Hair Is Fabric Curly Hair Support, £30

This clever product is formulated with special tomato extracts rich in vitamins and minerals, which help maintain your natural curl. Bursting with deep-conditioning ingredients, it'll hydrate and strengthen hair straight from the root, leaving it super-soft.



Living Proof Curl Conditioning Wash, £22

This co-wash conditions and cleanses strands (unlike some that focus on just conditioning). It won't lather, but don't worry, it still gets rid of product build-up, dirt and oil, and will leave curls smooth and defined.



Aveda Be Curly Co-Wash, £17.50

Made with a blend of gorgeous-smelling oils, this gentle cleanser helps fight annoying frizz while keeping your curls looking lovely and feeling moisturised for up to three days.



Follow Inge @CosmoBeautyBoss • Lucy @lucyparts • Cassie @cassiepowney • Bridget @bridgetmarch • All of us @CosmoBeautyTeam



Do you know what Infrared-A is doing to your skin?

Protect yourself against up to 4x more of the sun's rays*

- Infrared-A makes up 30% of the sun's rays; UV accounts for just 7%
- Infrared-A penetrates deeper into our skin and may cause accelerated ageing, loss of firmness, wrinkling and long-term cell damage
- Ladival's Advanced Infrared-A Defence System protects against UV-A, UV-B **and** Infrared-A; that's 4x more of the sun's damaging rays*

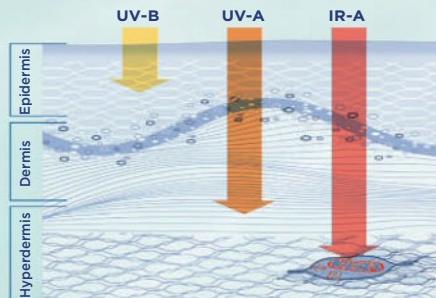


Diagram showing the sun's rays penetrating your skin.



Ladival. Sun protection in a new light.

Ladival is available in a variety of SPF levels and formats for both adults and children.
*Compared to UV-A/UV-B only sun creams.

COSMO PROMOTION



HOME-SPA MAKEOVER

Bring the spa to your home with professional-quality waxing from Veet

Fancy achieving salon-perfect smoothness without breaking the bank this summer? With the help of Veet's new, professional-quality Spawax waxing kit, you can enjoy the spa experience at home and get beautifully smooth skin for up to 28 days. The mess-free stripless wax removes hairs as short as 2mm, and the warming pot maintains the perfect temperature so there's no need to worry about burning your skin. What's more, the indulgent Purple Lily & Sugar Fig fragrance helps to create a pampering atmosphere, bringing the perfect spa experience to your own home.

"With the help of Veet's professional-quality stripless waxing kit you can get the full spa experience at home."



Veet Spawax wax warming pot, RRP £39.99; six refill wax discs, RRP £8.99. Available in Boots stores and at Boots.com

COSMO Lovers



YOUR PERFECT SPA AT HOME

Salon-perfect smooth skin made easier

WHAT IS VEET SPAWAX?

Veet Spawax is a professional-quality at-home waxing kit. Without any messy strips, the pot maintains the perfect temperature and the wax hardens on application for easy removal. It grips hairs as short as 2mm, providing lasting smoothness for up to 28 days.

HOW DO I USE IT?

Place the wax discs into the plug-in pot, wait for them to

melt in approximately 30 minutes (four discs) and apply the wax to your skin using the spatula. Once dried on the skin, peel back the wax in one go.

WHERE CAN IT BE USED?

You can use Veet Spawax not only on your legs but on your underarms and bikini line too, making it perfect for the summer season. Used regularly, your hairs will grow back slower, softer and finer.

It's my home-spa hero

BRIDGET MARCH, ONLINE BEAUTY EDITOR



I always enjoy pampering myself, and this is the perfect addition to my home-spa routine – I love the indulgent aroma it gives. The kit is super-simple to use, thanks to it being stripless, and the results speak for themselves!

Veet
Spawax

We put Mac Pro Longwear Nourishing Waterproof Foundation, £25.50, through its paces. It survived rain, sweat and tears without drying out skin – impressive!

Thirsty, tight-feeling skin? Hylamide Multi-Depth Rehydration Booster, £18, absolutely slays dehydration with no oiliness or stickiness whatsoever.

Hylamide Low-Molecular HA Multi-Depth Rehydration Booster, £18.

As if the aquatic and oriental notes (think ginger lily and water-grown jasmine) weren't enough, Paco Rabanne Olympéa, from £40 (available from 20 July), also has an addictive hint of salty vanilla.

Veet Natural Inspirations Wax Strips, £6.99, whip out fuzz with the aid of pine tree resins and leave skin feeling comfy thanks to aloe vera.

We're all over the lip-hugging applicator and sticky-free finish of L'Oréal Paris Infallible Lip Gloss, £6.99. Mwah!

L'ORÉAL PARIS

Brighter, fresher, less tired-looking eyes with one perfect eyeshadow palette: Dior Backstage Pros Eye Reviver, £42.

Lather up with some divine bitter-orange-scented Hermès bubbles, why don't you? Hermès Eau D'Orange Verte Hair And Body Shower Gel, £28.

HOT right now

The latest products on the Cosmo beauty team's radar

Available in five shades, including one suitable for all hair colours (pastel and ombre too!).

Charles Worthington Colour Revive Tinted Mousse, £9.99, gives faded locks a boost, with results lasting about three washes.

CND Rescue RX, £19.95, rebuilds nails from the inside by infusing them with liquid keratin proteins. Wave bye-bye to peeling, splitting and white spots.

Notes of vanilla and amber paired with feminine florals make Gucci Bamboo EDP, from £49, so sexy that it's guaranteed to turn heads.

GHD Platinum, £165, will deliver one-stroke straightness but won't ever singe your hair – and it looks slick as you like. Invest now.



The new online
product review site...

...that knows which
mascara won't run
in the rain.



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Put GHI to the test: call 01858 438413 or visit
goodhousekeeping.co.uk/institute/cosmoaug



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Sex etc.



Appetite for love

More men than women have tried to win over a new love by baking for them, a survey revealed. It also found women were more willing to skip sex if it meant they could have a dessert instead. So much for having your cake *and* eating it.

LOL-GASM

Women who describe their partners as funny have better orgasms – and more of them. We're seeing Seth Rogen in a *whole* new light...

“ALWAYS LOVE THOSE WHO WANT TO LOVE YOU BACK AND ARE NICE TO YOU.”

Sandra Bullock

has beautifully simple relationship advice



Death of an icon

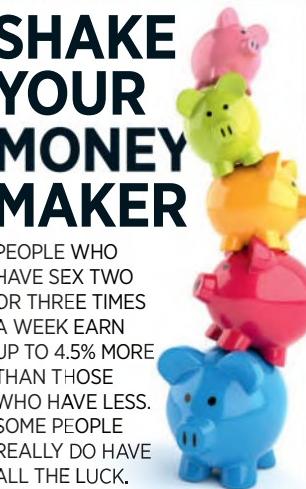
WANT TO BOOST YOUR CHANCES IN THE WORLD OF ONLINE DATING? DITCH THE EMOJIS – PROFILES FEATURING SMILEY FACES RECEIVE 60% FEWER RESPONSES. 🤦

TRUE LIES

Women who were hooked up to a lie detector confessed to having more sexual partners than those answering the question without. Isn't it time we owned our notches?

SHAKE YOUR MONEY MAKER

PEOPLE WHO HAVE SEX TWO OR THREE TIMES A WEEK EARN UP TO 4.5% MORE THAN THOSE WHO HAVE LESS. SOME PEOPLE REALLY DO HAVE ALL THE LUCK.



Lucked out
A quarter of men own 'lucky' pants – yet over a third of these say they make no difference when it comes to pulling. It takes more than a pair of Calvins, guys.

CHEESY DOES IT



Is cheese the secret to lasting love? A study of couples hitched for 30 years or more found over half had eaten a cheese sarnie in the past week. Communication and, erm, squidgy cheese – what every couple needs.

5 LITRES...

*... is the amount of semen produced in the UK every single minute. *Shudders**

Does 'I do' =



'We don't'?

YOUR SEX LIFE SHOULD BE THE ICING ON THE (WEDDING) CAKE, SAYS COSMO'S SEX PSYCHOLOGIST RACHEL MORRIS

I recently found myself in conversation with Jane*, a 23-year-old TV researcher, who confessed to being crazy in love with her boyfriend – but who lives in fear of him proposing to her.

"Don't you *want* to marry him?" I asked. "Of course!" she exclaimed. "I just don't want to be *married*." She was convinced that tying the knot would not only ring a death knell on her sexual allure, but turn her vibrant sex life 50 shades of beige.

I decided to talk to other unmarried women about what they thought the marital bed has in store for them, and it seems Jane isn't alone in her reservations. Despite 93% of men *and* women saying sex is an important part of a healthy relationship, marriage has a really bad sex rap. But when did saying 'I do' go from being the first step towards happily ever after to the last stop on the erotic express? And more importantly: is it true?

Not according to most of the married women I talked to, who said marriage hadn't changed the sex they had with their partners – for better *or* worse. If there *are* problems in the bedroom, they tend to be old ones, not new ones set in motion by the ingestion of wedding cake.

Research has shown that a whopping 88% of married people are 'very' or

'extremely' physically satisfied with their sex lives, and more than a third of men say what happens behind the bedroom door got *better* after they got hitched. Dozens of studies have found married people have more and better sex than their single counterparts – so why all the nuptial-sex doom-mongering?

I blame the romantic film and literature industries for always finishing the storyline on the wedding day. Boy meets girl; boy marries girl; they live happily ever after. The End. The *end*? Surely it's only the beginning? And that's not all. The unknown is a fearful place, and our natural 'negativity bias' means we're more likely to focus on the moans of the regrettably betrothed than the exploits of the happily married.

Most people's number-one fear is that their sex life will take a nose dive. But one survey found that 42% of people in long-term relationships aged 18-35 have sex 11 or more times a month. And although we *do* tend to have less sex the longer we've been with someone, that's not necessarily a bad thing.

All long-term relationships fluctuate sexually, and, as Pamela, 34, points out, quality trumps quantity every time. "We've been married five years and, yes, we probably did have more sex in our

first year," she admits. "But we were still practising – now we're really good at it and don't need to do it as often."

More good news: 68% of men say they married the woman with whom they had the best sex of their life. And getting comfy with a man means you can let go of your inhibitions in a way that's hard when you're getting naked for someone new. New lovers can feel besieged by insecurity and fear of rejection, which negatively affect sex.

"Getting hitched upped our confidence massively," agrees one woman I spoke to, Joanne, 29. "We're just scraping the surface of our potential – we've started to explore each other in a way we wouldn't have dared to before. Sex is lot more risqué now." Something you wouldn't necessarily expect to hear from someone married for seven years...

Most importantly, don't let your idea of what married sex should be affect the kind of sex you actually want. When Rose, 30, got married, she threw away her 'girly' sex toys, thinking her married sex life would be somehow... well, more *womanly*. "What a waste!" she laughs now. "On our third-month anniversary we went sex shopping together as a married couple – it was *so* hot. We bought new toys, porn and outfits. We both regularly masturbate and have sneaky sex all the time – just because we can."

So there you have it. Does marriage change sex? Yes, it can – but often it's for the better. ♦



Sex therapy

For change-your-life sex advice, ask Cosmo's sex psychotherapist, **Rachel Morris**



Why won't he try harder?

My boyfriend is great at sex but he can't hit the spot when it comes to my orgasm. I've shown him where and how but he always loses the place, and when I tell him he gets annoyed. Apparently his last girlfriend used to orgasm during sex – but I can't do that.

Let's get two things straight: all sexual activity is sex – not just penetration – and no individual can be good at it all by themselves. We can have great sex if we're brave enough to say what we want and humble enough to learn from our lovers. Satisfying sex is mutually dependent on both partners' willingness to appreciate and adapt to the other's unique sexual personality – something your boyfriend seems to be struggling with. Comparing you to his ex suggests he's feeling criticised and defensive. Ask him which of these scenarios he would prefer. His options are: a) you put up and shut up, b) you fake it for his benefit or c) he listens better and tries harder.

How can we keep the magic alive?

I've been in a transatlantic relationship for five years. The sex has been amazing and we've had hot Skype sessions, but lately this feels weird. I'm moving there soon; what can I do to keep it going till then? Change can be disconcerting – after five years of living apart, you're preparing to live together, which is scary *and* exciting. Video chatting is a modern miracle but it doesn't allow us to make proper eye contact or get a hug. Try pillow talk over the phone; close your eyes and imagine him close. Swap sex for intimacy and have faith in your love – it's brought you a long way.

He paid for a lap dance

My boyfriend's mate let it slip that they'd both had a lap dance on a stag do recently. My boyfriend insists that's all that happened, but now, when he touches me I imagine the worst and burst into tears. How do

I get past this?

Take his word for it and move on, or don't and walk away. Yes, he lied by omission, but considering your reaction, can you blame him? Stag dos are a law unto themselves, so judge his behaviour in context. Is he confident enough to stand up to a group of mates and *not* join in – while (probably) drunk? Trust your gut. Is he a cheat, or someone who deserves a chance to learn from his mistakes?



I want her to up the ante

My girlfriend says I have a low sex drive but the truth is I'm so bored with our sex life I can't be bothered. I've asked her to dress up or try role play but she laughs it off and calls me a pervert. How can I get her to be more adventurous?

You can't 'get her' to do anything, and trying means manipulating her to act against her will. Ask how you can tempt her towards new sexual possibilities. It's you who is bored with the sex but it's her you're asking to up the ante. If you're unhappy, either dust off your Superman costume or take responsibility for your problem and share it with her so you can approach it as a couple: 'I'd like to go on a sexual adventure with you; are you up for trying new things with me?'



CONTACT RACHEL

Write to: **RACHEL MORRIS**,
Cosopolitan, 72 Broadwick Street,
London W1F 9EP
or email rachel@cosmopolitan.co.uk

HAVE HOLLYWOOD SEX

Gwyneth often has the ability to surprise – not least when she shares her No.1 sex rule

She's one of the most glamorous women in the world, with a great sense of self and female empowerment. Ms Paltrow is also pretty outspoken on matters most Hollywood stars keep to themselves – such as oral sex.

She gave her friend Chelsea Handler this advice on ending rows: "Whatever you're doing, do the opposite. Go at him with love and give him a blow job."

When US radio-show host Howard Stern asked her about this, she replied, "Be a girl; show him that he's a man. And it's a good thing energetically to do."

"It's a great thing to give *and* receive oral sex," says psychologist Dr Brandy Engler. "Performing oral can be just as empowering as receiving – as long as it's on your terms."

BY SCARLETT RUSSELL. PHOTOGRAPH GETTY IMAGES. SHE COMES FIRST: THE THINKING MAN'S GUIDE TO PLEASEURING A WOMAN BY IAN KERNER (£14.99, SOUVENIR PRESS)



For you

TIPS TO TIP HIM OVER THE EDGE...

1 The head of his penis responds to friction and the base to pressure, so simultaneous action is key. "With your thumb and index finger, make a tight ring around the base of his penis," advises Ian Kerner, author of *She Comes First*. "Hold it in place, but move your fingers up and down to make a vibrating motion, while licking and sucking the penis head."

2 The frenulum (the underside of the penis head) has about 4,000 nerve endings. "Slide your tongue gently from here to the base for slow arousal, then flick the frenulum with your tongue," suggests clinical sexologist Dr Patti Britton.

3 The perineum – behind the base of the scrotum – is a seriously sensitive area. Gently press this spot with the knuckle of your index finger just before his

orgasm, while mixing up the direction and pressure. "When you touch one area repetitively, the nerve endings become exhausted and no longer sense pleasure," explains sexologist Dr Logan Levkoff.

4 The cremaster, which lines the inside of his scrotum, controls testicular contractions. The closer a man is to climaxing, the more his testicles recede, so gently pulling down on his balls when you're in the midst of passion delays ejaculation and prolongs his pleasure.

5 The point where the man can no longer delay orgasm is called 'the point of inevitability', and the aim is to make this last. "Loop a ribbon once around the penis base," says Ian. "With one hand at each end, very gently pull it – while going down on him – to get him close to orgasm."

For him

LEAVE THIS PAGE LYING AROUND THE HOUSE

1 A whopping 81% of us orgasm through oral sex, and the area just above the clitoral glands is your gateway to pleasure. "A ligament that runs through this area responds to pressure when a woman is aroused," explains Ian. "Men: raise your lips into an Elvis Presley-style snarl and press your gums into this part as you touch her with your tongue." Hello, big O!

2 "Get him to lie horizontally so his tongue moves up and down while you feel it going sideways," says Dr Britton. "As you grow aroused, nodules under your clitoral hood swell and erupt." A study by Dr Britton found this was 50% more effective in producing an orgasm than when he is aligned with your body.

3 Your clitoris is the only organ that exists solely for pleasure and

has 8,000 sensitive nerve endings. "It's highly sensitive, so starting at the clitoral head itself is a no-no," says Dr Britton. "Ask him to begin by lightly kissing the bottom of the vulva, before increasing intensity towards the clitoris until you're writhing with pleasure."

4 Tonguing from behind sounds odd, but when a woman's 'haunch' (where our bottom and thighs meet) is tipped higher it creates a more intense 'head-rush' orgasm. It also gives him a greater range of options to stimulate you.

5 The clitoris responds to persistent rhythmic stimulation. "Get him to start with slow, rhythmic licks, adding more pressure and at different speeds," says Ian. "Make sure he uses his entire tongue – from the middle part on your vulva to the tip on your clitoris."

5AM? I DECIDE WHEN THE NIGHT ENDS, NOT MY PERIOD.



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Wiggle your eyes to stimulate your brain for a 10% memory boost. 1.5 minutes: Eat a kiwi fruit – the vitamin C mops up cancer-causing free radicals. 3 minutes: Do shiatsu. Press your thumbs into the hollows at the outer edge of your eyebrows for tension relief.

25%

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"[EXERCISE] HAS HELPED WITH MY ANXIETY IN WAYS I NEVER DREAMT POSSIBLE. IT AIN'T ABOUT THE ASS, IT'S ABOUT THE BRAIN."

Lena Dunham

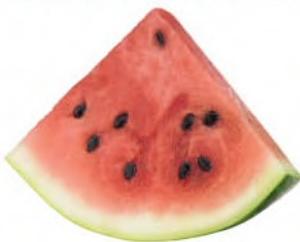
BY JENNIFER SAVIN. PHOTOGRAPHS SCOPE BEAUTY. GETTY IMAGES



POWER NAP



According to Norwegian researchers, women who scrimp on shut-eye are more susceptible to pain. What better excuse for a quick nap?



A SLICE OF REHYDRATING WATERMELON



10 MINUTES OF DEEP BREATHING



NATURAL HEADACHE RELIEF

GO BANANAS

If you struggle to switch off at night, eat a banana before bed – they contain muscle-relaxing magnesium and boost the body's production of sleep-aid hormone melatonin.



Better tooth-gether

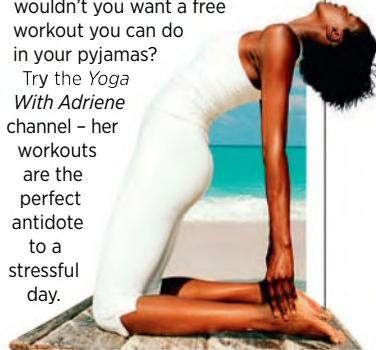
Whenever you have really acidic food and drinks (hello, pineapple and OJ!) pair them with water or cheese to minimise the damage to your gnashers – both foods are pH neutralisers.

★★★★★ ★★★★★★★

5,500 years...

... is the total amount of time that was spent watching yoga tutorials on YouTube last year, according to the site. Makes sense – why wouldn't you want a free workout you can do in your pyjamas?

Try the *Yoga With Adriene* channel – her workouts are the perfect antidote to a stressful day.



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Melissa didn't want to be a burden on Troy

'I told my fiancé to walk away'

When **Melissa Richards**, 22, was struck down with a debilitating illness, she was determined it wouldn't affect the people she loved

Life is full of difficult decisions, but I never dreamt that, at just 21, I'd have to make one of the hardest choices there is.

I'd been with my fiancé, Troy, for a year and a half. We had so much in common – we both loved rollerblading and superhero movies – and I'd quickly fallen for his kindness and ability to make

me laugh. Yet I'd decided to tell him that I understood if he wanted to walk away from our relationship.

Although the thought of losing Troy was horrible, the idea of being a burden on him would be even harder to bear. I'd just been told I could have

multiple sclerosis – an incurable disorder that has the potential to shorten my life and leave me wheelchair-bound. All I wanted was for Troy to be happy. So as he sat beside my

hospital bed, a few days after I'd received my suspected diagnosis, I took a

'Losing Troy was horrible, but the idea of being a burden would be harder to bear'

deep breath and told him, "I won't judge you if you want to leave."

The day – three months earlier – I had realised I was unwell started as one of my happiest. I was 21, and studying social sciences through the Open University. Troy had proposed just a week earlier, and Mum had invited some friends over for lunch to celebrate. But as we toasted our future, Mum looked at me and frowned. "Your face – it's not moving when you smile," she said. I found a mirror and I saw that the whole left side of my face was frozen.

Panicking, Mum rushed me to a local walk-in clinic. I'd always had low energy levels – I rarely went clubbing with my friends, and was constantly tired – but previous tests had come back clear. I had no idea what could be wrong, but an hour later I was diagnosed with Bell's palsy – temporary paralysis of the face.

The doctor told me not to worry about it, and put it down to all the stress and excitement of the engagement. But I wasn't so sure – although I was able to return to my administration job, it took 10 days for my face to return to normal, and then new symptoms began appearing. I was even more exhausted than usual, and at one point my backside went completely numb – I thought it would just be temporary, like my frozen face, but instead, it stayed that way.

Troy and I were supposed to be at our happiest, so I kept my worries quiet. But after three months my symptoms had got so bad I was struggling to walk. My leg dragging behind me, I went back to the clinic ➤

and was rushed to A&E – I was petrified. Over the next four days, I underwent a barrage of tests, and a few weeks later was eventually told the awful news – I had MS. Having only ever seen sufferers on TV, I assumed I'd end up in a wheelchair, with no quality of life.

I was only 21, while Troy was 24, and it seemed a huge weight for us both to deal with. I had no idea what my life would be like from now on – but if Troy walked away, his could go on as normal. That's why I made the decision to tell him he could leave.

I'd been thinking about it constantly and didn't know how to get the words out. But when we were left alone in my hospital room, they came out in a rush. Without hesitation, Troy said, "I promised I'd always be here for you, and that hasn't changed. This is what I want – this is *it*." I was so, so relieved that my future, no matter how uncertain, would at least still have Troy in it.

While most brides throw themselves into planning their weddings, I had to juggle glamping up the Converse I'd walk down the aisle in (heels would tire my legs out too quickly) with researching MS, while trying to cope with regular relapses.

But despite everything, our wedding day was as happy as I'd hoped – I even walked down the aisle unaided.

Sadly the unpredictability of my illness means I've had to give up work and studying for my degree. But having a family has always been really important to me, so I'm now focusing



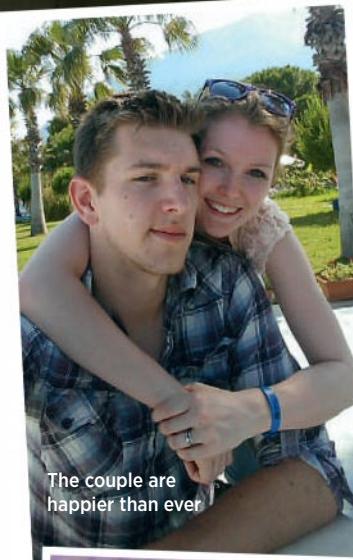
Troy and Melissa on their wedding day

all my energy on the people I love instead.

Symptoms of MS range from difficulty balancing to battling extreme emotions, and I have good days and bad. Some days I can go swimming, and even drive, while on others I need help with lifting pans in the kitchen and washing my hair. But as Troy says,

"There's no such thing as 'can't' – only can't *yet*," and I'm determined to make the most of what I *can* do, by being the best friend, wife and daughter I can be – and hopefully a mother in the future. Things will never be totally 'normal' again – but right now, I'm happier than ever.

'I had no idea what my life would be like now, but Troy's could go on as normal'



The couple are happier than ever



Trying to stay positive

What exactly is MS?

► MS is a neurological condition and symptoms are different for everyone. Some are physical, such as constant fatigue, loss of sight or difficulty walking; others mental, such as low mood or memory loss.

► Although MS can't be cured, treatments to prevent relapses include physiotherapy, medication and exercise.

► Roughly three times as many women are affected as men.

► For more information, visit Mssociety.org.uk ♦

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5 myths of skin cancer



NO ONE WANTS TO THINK ABOUT SKIN CANCER, YET DOCTORS WARN IT IS A GROWING EPIDEMIC. MELANOMA (THE DEADLIEST FORM) IS THE CANCER PEOPLE AGED 25 TO 29 ARE MOST LIKELY TO GET. THESE WOMEN THOUGHT THEY KNEW THE RISKS. THEY WERE WRONG. NOW THEY'RE BRAVELY SPEAKING OUT TO CHANGE YOUR MIND

LAURA WILLIAMS, 33, BELIEVED...

'Doctors are always right'

At school, Laura spent her summers working as a lifeguard, racking up hours in the sun. "I was lazy. If sunscreen wasn't readily available, I'd just go without," she says – despite a family history of skin cancer. When, at 23, a pimple-like spot appeared on her forehead, disappeared, then came back, she kind of knew...

What was surprising was how doctors reacted. Over the next couple of years, she saw several. One gave her an ointment, then, when the lesion returned, burnt it off but said, "You're 26. This can't be anything." Another did the same a year later, even admitting the spot was "almost definitely cancer", but still didn't suggest surgery. It grew back again. Eventually, Laura made an

appointment with a third doctor. Her husband, Lance, also got a skin check-up and both had biopsies. "Two days later, we found out we *both* had cancer," Laura says. She had basal cell carcinoma, and Lance had melanoma. The next week, both had chemosurgery (a doctor slices off layers of skin until all signs of cancer are gone).

Now, says Laura, "I use SPF30 if I'm outside for even 10 minutes."

Know your body and trust your instincts, advises Dr Vivian Bucay of the Skin Cancer Foundation. She recommends snapping pics of moles to track changes.

"I'm disappointed in my first doctors," Laura says. "But because of that, I knew we should biopsy Lance's mole right away."

AMANDA FOURNIER, 30, BELIEVED...

'Tanning beds are fine'

Thanks to her olive skin tone, Amanda didn't worry about skin cancer. She thought so little about it, in fact, that in her early twenties, she worked at a tanning salon. "The salon sent us to a four-hour certification class," Amanda says. "The instructor spent about five minutes talking about skin cancer."

After an odd mole grew on her wrist, she visited a dermatologist to have it removed ("because it was ugly").

Amanda soon learnt the lesion was in fact melanoma, and had it removed, along with five lymph nodes. She opted for chemotherapy as well.

"I lost some hair and was very sick – as

a new mum, it was especially hard," she says.

Now, she tries to avoid the sun. "When I take my daughter to the park or beach, I cover us in at least SPF30," Amanda says.

The popularity of indoor tanning is a key reason for the rise in melanoma, experts believe. "Young women are having the highest increases," says professor of dermatology Dr Susan Swetter. "We know it's related to tanning-bed use."

The judgement of others has been rough, says Amanda. "Some people have even said things like, 'At least you'll look hot in your coffin,'" she says.

"Few take it seriously. They blame me for tanning. I've terminated those friendships."



JACQUELINE SMITH, 27, BELIEVED...

'Black women don't get skin cancer'

When Jacqueline was at uni, she noticed an almond-size lump on her bikini line. She went to the health centre and was told it was an inflamed hair follicle. "It didn't seem right," she says. She saw her GP, who referred her to a cancer specialist.

A biopsy revealed it was stage 3 melanoma – skin cancer that had spread to a lymph node. Although her initial surgery seemed successful, the cancer returned. So Jacqueline, now a political assistant, had the lymph nodes in the right side of her pelvis removed and endured a year of chemotherapy and four months of radiation.

She was left with lymphoedema – chronic

swelling and pain in her leg and foot. "My right leg can swell to 25% larger than my left," she says. "It's devastating. I need to look professional and I like to wear heels, but only Uggs fit. People think melanoma is a mole you get removed; it's much more severe."

While black people have a lower risk of skin cancer (melanin, which gives skin colour, provides some natural protection), they're not immune. Jacqueline has noticed many makeup brands for dark-skinned women don't have SPF, but she asks for it.

She says, "I tell black people, Latinos, Indians, Arabs, 'Look at me. You need to protect yourself.'"



DARLENE MOLNAR, 34,
BELIEVED...

'I don't need sunscreen every day'

Growing up, Darlene spent years living in sunny places, including Hawaii and Kenya. She was careful to wear long sleeves and linen trousers for protection but wasn't hyper-vigilant.

"When you don't actually feel the sun beating down on you, it seems like no big deal," she explains.

One day in 2013, her boyfriend returned from a business trip and remarked that a mole on her foot looked darker. She saw a doctor and had it biopsied. She had stage 1 melanoma, which was treated with removal, a lymph-node biopsy and a skin graft.

She had to stay off her foot, keeping it elevated above her heart for four weeks. Darlene, who owns her own interior-design business, had to turn down two projects and estimates she missed out on around £6,000 of income.

"Skin cancer can happen in areas you don't think of as exposed," says Dr Bucay. And Darlene says that now in the spring and summer, when she wears thin fabrics, "I put sunscreen all over my body, even under my clothes."

Make sure you check your feet, including between toes and under nails (remove polish yourself before a pedi to see), behind ears and on the back of your neck. Cancer also occurs on the scalp, so ask your hairdresser to alert you if she notices any spots.



CARESSE SCHWEITZER, 28, BELIEVED...

'They can zap cancer off'

When Caresse was a teen, it was a given – to look good, you hit the tanning bed. "I knew cancer could happen," she recalls. "But I figured it would be far off – and by then, they'd just zap it off."

At 20, a potentially pre-cancerous spot popped up on her nose and a dermatologist *did* zap it off – but it came back. Later, her doctor decided to perform a biopsy on both it and another suspicious spot.

The results: squamous cell carcinoma on her nose and basal cell carcinoma on her back. "My biggest fear was my appearance – my face," she says.

What happened next was chemosurgery. "I wasn't

prepared for the chunk they took from my nose," Caresse says. Following the operation she underwent reconstructive surgery, which left her with 45 stitches and lumps, divots and scars she couldn't cover up for six months.

"It was a learning experience," she says. "With 45 stitches on your face, you have to become confident based on something beyond what's in a mirror."

She still likes a bronzed look, but has a new routine. "I use face powder with SPF – and I'll get a spray tan if I have a special event. The tan that lasts a week leaves damage that lasts a lifetime. Is it really worth it?" ♦

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My body's amazing because...

SOPHIE KAY, 27, FROM EAST LONDON, WORKS IN ADVERTISING AND IS A PERSONAL TRAINER

I've always struggled with my weight. At school I was bigger than my friends, so I took a back seat to avoid being the centre of attention. Aged 18, I spent six months travelling around Australia, New Zealand and Hawaii. I wasn't dieting but I lost a lot of weight while I was there – at the time, I thought I was happier being a size eight but, looking back, I wasn't healthy at all.

Then, a few years ago, I started gaining weight again. My job made me miserable and I ate a McFlurry ice cream nearly every afternoon because it was something to look forward to. But I was uncomfortable in my own skin. I stopped wearing jeans, choosing leggings instead.

One day my fiancé said to me, "I don't think you're happy with yourself." He was right – but I needed to hear it. I joined a small gym near my house and went to exercise classes such as boot camp, boxing and circuit training – one day a week at first, then two and then three. A year later, I was working out with a personal trainer.

Gradually, I noticed positive changes – 50% physical and 50% mental. My fitness levels were up, I could do a boot-camp class without wanting to vomit halfway through and I felt more confident.

After a year, my mindset changed entirely. I didn't aspire to be skinny anymore; I wanted to be lean and strong – the body I was creating.

Now I live in jeans (or Lycra) and do a lot of running, swimming, cycling, yoga and Pilates. In January I qualified as a personal trainer, which I do part-time. Last year, I ran a 10k and I'll do a triathlon in August, which involves a 1.5k swim, a 40k cycle and a 10k run. It's not that I *couldn't* do activities like this before – I just wasn't enabling my body to.

I've realised – and accepted – that you can only ever make your body the best *it* can be. I'm proud of mine – my strong legs, my curves and my tiny six-pack that's starting to show above my abs – but best of all, I finally feel happy. ♦

BY HARRIET THURLEY. PHOTOGRAPH THOMAS WATTS. HAIR AND MAKEUP VICTORIA BARNES





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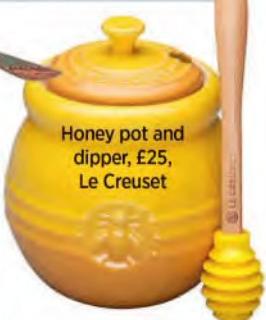
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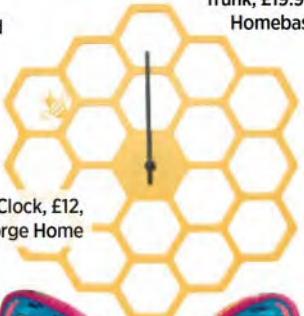
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Seeing double

Two wall hangings, but which one is cheap as chips?



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Becky Leech, 26
Breast Enlargement
Patient Story #2



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Cosmostrology

With Cosmo's psychic astrologer **Jessica Adams**

Leo 23 JUL-22 AUG

You will be richer by next year, thanks to choices you make now. You are in a situation where you are just another statistic to someone – so walk away. Happy results from a big gathering last for weeks. And do show someone the ropes. It's the gift that keeps on giving for them.

Virgo 23 AUG-22 SEP

You will increase your social-media popularity, hugely improve your body confidence, and get maximum good publicity by 2016, following a genuine offer now. A work reshuffle will help you eventually. Make time for a family member who has problems. Your point of view helps.

Libra 23 SEP-22 OCT

You will take a role behind the scenes with no credit, in a project that starts off small. It will be a highlight of the next 12 months so forget your ego. A powerful healing process is about to take place for your body, mind or spirit. Tread carefully where cultural differences are involved.

Scorpio 23 OCT-21 NOV

If you lay the groundwork now, by the end of the year you will be invited to join a project that will change your life for the better. A complex work operation will demand a lot, but teach you how to be successful. Overloaded parents will ask you a big favour. You'll play mother to a man as well.



Sagittarius 22 NOV-21 DEC

Your dream job or promotion – or brilliant exam result – will take you higher by 2016 if you follow a small sign now. A man with ego issues will be helpful if you can be tolerant. An event for children is something you'll also love. And do clean up a messy situation – you *can* change it.

Capricorn 22 DEC-19 JAN

You will have the holiday of a lifetime across Europe, the US or Australasia within months if you accept a hint now. A trusted friend will come good again, but this time you must repay them well. A muddled group situation could hold you up, so reassess your involvement – do you need it?

Aquarius 20 JAN-18 FEB

Start now and you will save more, or profit more, at record levels – and secure your future. A man who is a natural gambler has something else to offer you. Try your luck in a totally new activity and you'll win in an alternative way. Brothers, or brother figures, need extra time and energy.

Pisces 19 FEB-19 MAR

You are now in the most healing and helpful love cycle in 12 years. Expect amazing solutions and big results by 2016 if you take action now. This applies to your former, current or potential partner. A high percentage of Pisces women will marry or start serious relationships by Christmas.

Aries 20 MAR-19 APR

Promotion, a better job or major perks will be yours within six months if you lay the foundations now. An amateur comedian you know could be a closer friend if you try. Succeed in a different field to your competition by taking a risk. A dazed and confused stranger is best avoided.

Taurus 20 APR-20 MAY

A niece, nephew or godchild could make you very happy by 2016. If you don't want to get pregnant, be extra-cautious from August onwards. A male team or club will benefit you. Friends who fake it with each other will drop the act. Read the small print before a festival or camping trip.

Gemini 21 MAY-20 JUN

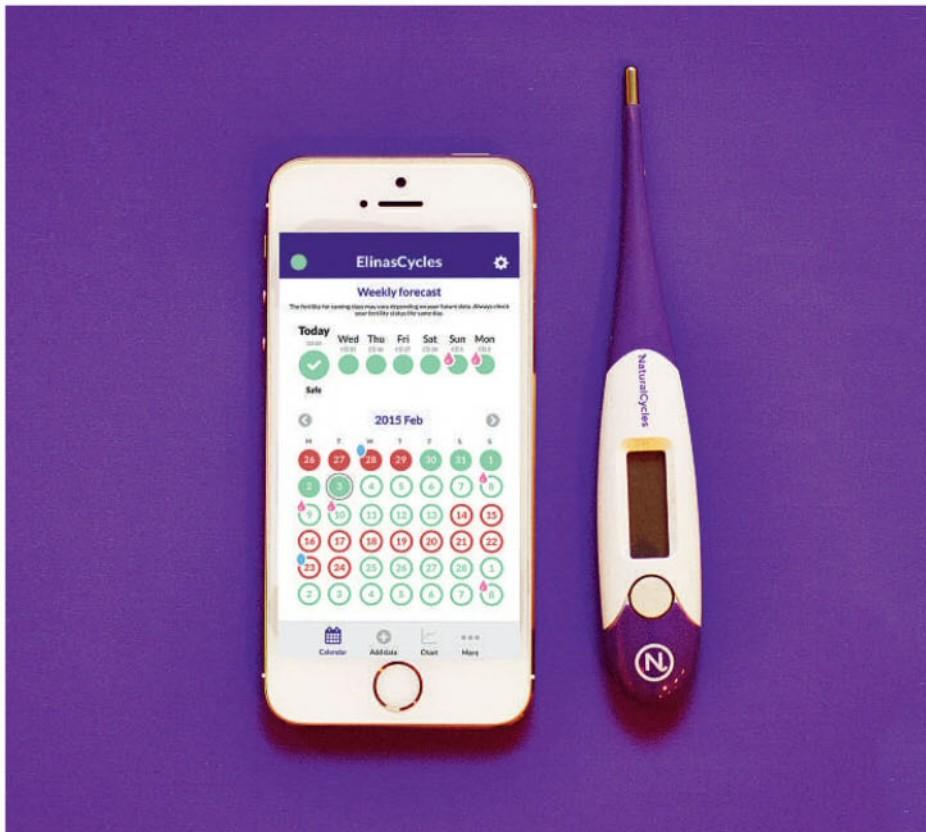
You will happily move, renovate, rent out, buy a property or benefit from a cheaper space by summer 2016 if you start the search now. A complicated person is irresistible as a friend – or something more. You will be drawn into a mystery, but play it safe. Time is running out on an online offer: hurry.

Cancer 21 JUN-22 JUL

You will be thrilled with your internet success within six months if you accept an invitation or opportunity now. People who are too busy for you should be bypassed. A wonderful musical connection will pay off three times. Allow yourself some of the spotlight when it is shared.

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Your everyday needs



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FunkiFabrics and their parent company Friedmans Ltd are trend-setting experts in designing and producing printed swimwear fabric. Whether it's cutting edge, high fashion beachwear, or fun vibrant colours you're looking for, these companies supply it.

With their own design team producing a constant stream of new work, their service provides inspiration and quality to swimwear ranges. Bespoke print facilities are also available to celebrity designers like Alice Vandy who see their work printed to fabric!

Their fabrics are designed and printed in the UK using only the highest quality European Lycra fabrics.

On www.funkifabrics.co.uk you can browse the full range and even order free fabric samples. With further exciting collaborations on the horizon, FunkiFabrics are the Lycra supplier to watch this year!



BLUE SUMMER



The Blue Summer Kikoy sarong with towel lining encapsulates the coastal life and traditions of the Kenyan shores, offering chic and elegant beach wear for the fashion conscious sun seeker. Available in 22 vibrant colours to suit every taste. Wear as a cool, sleek sarong by the beach or as an absorbent, fast-drying towel by the pool.

Hand-finished by artisan weavers in Kenya using exclusively the finest 100% brushed cotton, Blue Summer Kikoy sarongs guarantee the softest and highest quality materials and workmanship.

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ACHILLES SWIMWEAR

Achilles Swimwear is your little black dress of swimwear. New to the bikini scene Achilles Swimwear is an Australian label offering bikini essentials from the classic string bikini in jet black to separates in bright colours to mix and match. Our bikinis are made in Australia from high quality fabrics.

These timeless and affordable styles are essential for your summer wardrobe.

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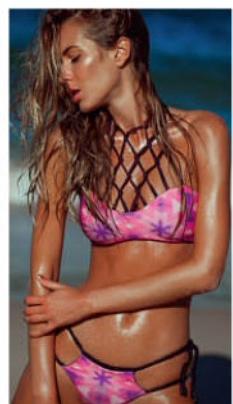
FRANKIE SWIMWEAR

With the desire to bring forth a label to the Australian market that is luxe swimwear, suited to all ages and affordable for any budget, Frankie Swimwear was born. Frankie Swimwear quickly grew in the Australian market, and has now rapidly spread across international waters.

Frankie Swimwear brings life back to the Bikini. With the highest quality Lycras, abstract prints and classic cuts, they are focused on providing women around the world with the perfect bikini.

Chasing summer around the globe, Frankie Swimwear are quickly transforming the swimsuit industry, one bikini at a time.

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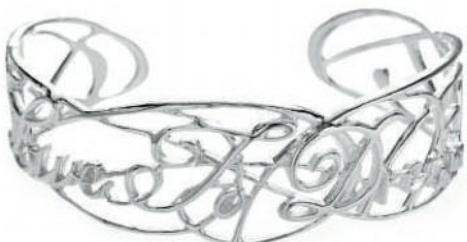


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KARO SWIMWEAR

Embracing modern, on-trend swimwear silhouettes and designs, KARO Swimwear incorporates hand-crafted jewellery into every piece sets the brand apart as it embodies feminine style with a unique embellishment. Using bright colour palettes, flirty and fun prints, silhouettes and cuts, Karo is a high-end collection of resort style swimwear inspired by natural stones, pearls, jewels, and crystals. A perfect mix between natural structures and silhouettes and modern trends and details, Karo Swimwear is the go-to swim collection for every personality. For additional information, please visit www.karoswimwear.com



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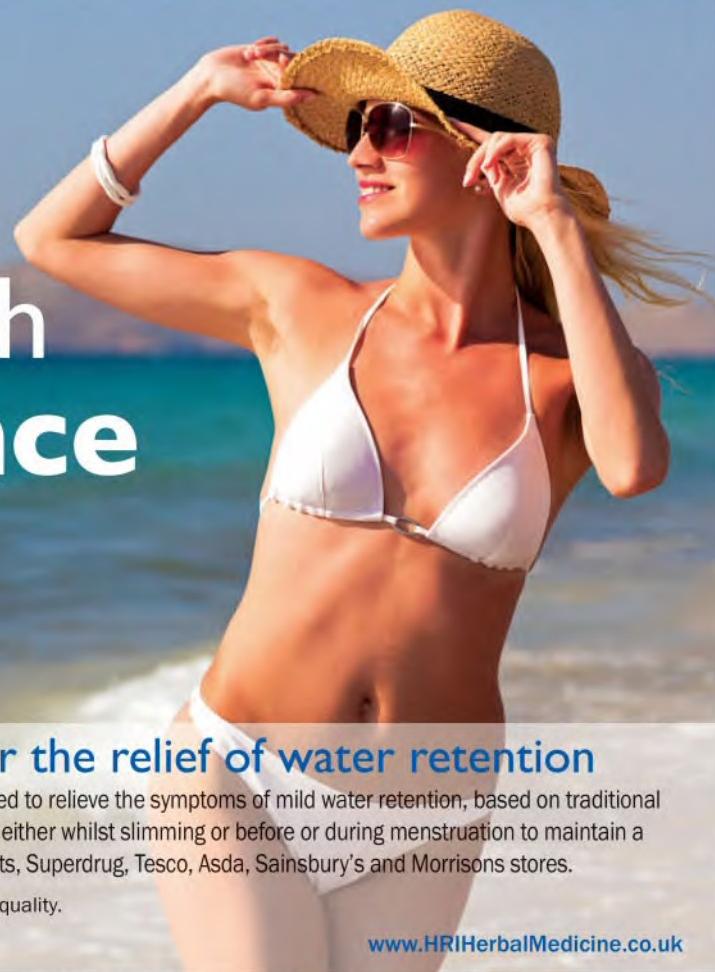
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Sneaking 'bad things' in the trolley

Except now you're just trying to avoid being judged by the checkout assistant. "Of course I'm going to share this family-sized bar of Dairy Milk with my family... ahem."

Spending a day in your PJs

YOU'RE A GROWN ADULT, IN CHARGE OF YOUR OWN LIFE CHOICES. YOU DON'T HAVE TO GET DRESSED FOR NO ONE. WOO FREAKING HOO!

Irrational fears

You know that spider you hoovered up three days ago won't actually come and find you while you're sleeping. No, that would be ridiculous. *Hides under covers.*

DAD'S TAXI SERVICE

Whether you're 13 or 30, your dad will always be there for 3am rescue missions from town or 6am rides to the airport. Sure, you could get a cab, but it's all about the bonding. And, er, cheaper.



10 THINGS YOU NEVER GROW OUT OF

Watching Disney films

PRINCE ERIC, YOU'LL ALWAYS HAVE A SPECIAL PLACE IN OUR HEARTS. ALTHOUGH, ARIEL, DON'T BE SO HASTY TO GIVE UP YOUR UNDERWATER LIFE FOR A MAN AT 16. #JUSTSAYIN

Thinking you'll never grow up
Imagine being 30... Oh, wait.
WHY DID THIS HAPPEN TO ME?!

THE FEAR OF BEING FOUND IN THE TAMPON AISLE

You'd think after 13 years of your red sister visiting, you'd be over the embarrassment of buying tampons. Apparently not. Hide them under the box of tissues in your basket and get outta there.

PREPARING TO GET ID'D

THE PANIC WHEN YOU REALISE YOU'VE FORGOTTEN YOUR ID, FOLLOWED BY THE CRUSHING REALISATION THAT YOU CLEARLY LOOK OVER 25 WHEN THE DOORMAN DOESN'T EVEN ASK TO SEE IT.

ARGUING WITH YOUR SIBLINGS

ESPECIALLY AT CHRISTMAS, WHEN CABIN FEVER SETS IN. "MUUUM, DAAAD, HE'S EATING ALL THE PIGS IN BLANKETS."

EASTER EGGS/ADVENT CALENDARS/ BIRTHDAY CAKES

"No, Mum, I'm not too old. Do you know how hard it is being an adult? Just hand over the goddamn chocolate."

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YOU'D PROTECT IT**



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WHEN THE SUN IS STRONG**





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